

Scoring Guide

Universal Alabama Prenatal Screening

Name: _____ DOB: _____

Program: _____ Date: _____

For below 2 items (tobacco use), no numerical scores apply.

Do you use nicotine products (cigarette, dip, chew, VAPE, electronic cigarettes, etc.)?

☐ Yes
 ☐ No
 ☐ Former User
 ☐ Refused

If so, how frequently do you use nicotine products?

☐ Daily
 ☐ Weekly
 ☐ Monthly
 ☐ Less than monthly

For below 3 items (drug use), simply add up points and reference the total score to 'Drugs' column on pocket card for risk level and recommended action.

Do you misuse or overuse your prescription medication (such as muscle relaxers, narcotics, stimulants, steroids, etc.)? If so, how often?

☐ Never
 ☐ Once or twice
 ☐ Monthly
 ☐ Weekly
 ☐ Daily/Almost daily

0	1	1	1	1
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Do you take other people's prescription medication (such as muscle relaxers, narcotics, stimulants, steroids, etc.)? If so, how often?

☐ Never
 ☐ Once or twice
 ☐ Monthly
 ☐ Weekly
 ☐ Daily/Almost daily

0	1	1	1	1
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In the past year, how often have you used street drugs (such as marijuana, cocaine, crystal meth, heroin, etc.)?

☐ Never
 ☐ Once or twice
 ☐ Monthly
 ☐ Weekly
 ☐ Daily/Almost daily

0	1	1	1	1
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For below 2 items (PHQ-2 for depression), simply add up points: Total score of 2 or less likely indicates no depression. Total score of 3 or more warrants further exploration, such as administering PHQ-9 and/or speaking with patient on matters related to depression.

Over the last 2 weeks, how often have you had *little interest or pleasure in doing things*?

- ☐ Not at all ☐ Several days ☐ More than half the days ☐ Nearly every day

0 1 2 3

Over the last 2 weeks, how often have you been *feeling down, depressed or hopeless*?

- ☐ Not at all ☐ Several days ☐ More than half the days ☐ Nearly every day

0 1 2 3

Refer to these resources for more guidance on PHQ-2/9

- General information: <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/patient-health/>
- PHQ tool: <https://www.phqscreeners.com/>
- PHQ instruction manual (scores / risk levels / recommended actions): <https://www.phqscreeners.com/images/sites/g/files/q10016261/f/201412/instructions.pdf>

For below item (domestic/partner violence), no numerical score applies.

Are you feeling at all unsafe in any way in your relationship with your current partner?

- ☐ Yes ☐ No

NOTE: In the U.S., a single drink serving contains about 14 grams of ethanol or “pure” alcohol. Although the drinks below are different sizes, each one contains the same amount of pure alcohol and counts as a single drink:



For below 3 items (alcohol use), simply add up points and reference the total score to ‘Alcohol’ column on pocket card for risk level and recommended action.

How often do you have a drink containing alcohol?

☐ Never
 ☐ Less than monthly
 ☐ Monthly
 ☐ Weekly
 ☐ 2-3 times a week

0 1 2 3 4

☐ 4-6 times a week
 ☐ Daily

5 6

If you drink, how many drinks containing alcohol do you have on a typical day when you are drinking?

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5-6
 ☐ 7-9
 ☐ 10 or more

0 1 2 3 4 5 6

How often do you have 4 or more drinks on one occasion?

☐ Never
 ☐ Less than monthly
 ☐ Monthly
 ☐ Weekly
 ☐ 2-3 times a week

0 1 2 3 4

☐ 4-6 times a week
 ☐ Daily

5 6