

VALIDITY AND RELIABILITY TEST OF PHQ-9 AND GAD-7 INSTRUMENTS FOR MEASURING DEPRESSION AND ANXIETY IN COVID-19 PANDEMIC

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ABSTRACT

Background: Depression and anxiety disorders may have both immediate and delayed negative outcomes. Thus, reliable, and valid instruments are needed for assessment of depressive and anxiety symptoms for timely recognition of need for psychological support and offer appropriate help. The purpose of this study was to examine validity and reliability test of PHQ-9 and GAD-7 instruments for measuring depression and anxiety during COVID-19 pandemic.

Subjects and Method: This was a cross-sectional study conducted in Manado, from July to August 2022. A total 125 study subjects was selected using a consecutive non-probability sampling. The reliability data were analyzed using Pearson product moment.

Results: Both PHQ-9 and GAD-7 questionnaires had corrected item-total correlations ($r \geq 0.3$ and Cronbach α 0.86 and 0.87, respectively. It indicated that PHQ-9 and GAD-7 had good construct validity. PHQ-9 (sensitivity= 0.80 and specificity= 0.92) and GAD-7 (sensitivity= 0.73 and specificity= 0.84) were reliable to measure depression and anxiety in general population during COVID-19.

Conclusion: PHQ-9 and GAD-7 were reliable to measure depression and anxiety in general population during COVID-19.

Keywords: PHQ-9, GAD-7, depression, anxiety, COVID-19 pandemic.

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