

Lifestyle Psychiatry Scorecards

PHYSICAL HEALTH SCORECARD: Answer the following 4 questions regarding your physical health.

Health Factor	Poor **	0 pt	Intermediate	1 pt	Ideal	2 pt
1) Blood Pressure	over 140/90		120-139/80-89		under 120/80	
2a) HgA1c	over 6.5		5.7-6.4		under 5.7	
2b) Glucose (fasting)	over 126		100-125		under 100	
3a) Total Cholesterol	over 240		200-239		under 200	
3b) LDL	over 100		70-100		under 70	
4a) Weight (BMI) *	over 30		25-29.9		18-24.9	
4b) Waist-to-hip ratio (M/F)	over 0.95/0.86		0.85-0.95/7.5-0.86		under 0.8.5/0.75	
4c) Waist circumference (M/F)	over 100/90 cm		80-100/70-90cm		under 80/70 cm	
	Subtotals	0				
	Total score					

* This calculation can be found at qxmd.com/calculate by entering the test name (eg, BMI).

** Additionally select 0 pt if currently taking medications to control the condition.

MENTAL HEALTH SCORECARD: Answer the following 4 questions regarding your mental health.

Health Factor	Poor	0 pt	Intermediate	1 pt	Ideal	2 pt
1) Depression (PHQ-9) *	20 or more **		10-19		under 10	
2) Anxiety (GAD-7) *	15 or more **		10-14		under 10	
3) Sleep (ISI) *	15 or more **		8-14		under 8	
4) Attention (ASRS-A) *	5 or more **		4		under 4	
	Subtotals	0				
	Total score					

* This calculation can be found at qxmd.com/calculate by entering the test name (eg, PHQ-9).

** Additionally select 0 pt if currently taking medications to control the condition.

LIFESTYLE SCORECARD: Answer the following 6 questions regarding your lifestyle.

How many days per week do you ...	0-2 days	3-5 days	6-7 days
	0 pt	1 pt	2 pt
1) Eat a diet high in protein and veggies and low in white carbs and sugars?			
2) Get 30* mins/day of exercise where your heart rate is 50% over resting?			
3) Get adequate and refreshing sleep without using medications?			
4) Practice 10 minutes or more of relaxed breathing or mindfulness meditation?			
5) Avoid alcohol, nicotine, cannabis, and other recreational drugs?			
6) Experience a meaningful social connection with people, nature, or art?			
	Subtotals	0	
	Total score		

* Or 15 minutes of high intensity exercise (80-95% max hear rate: 220-age)

SUMMARY: Document your HEALTH and LIFESTYLE scores below and review the assessments.

Medical	Mental	Total	Lifestyle	Assessment
0-2	0-2	0-4	0-3	Warning: ½ or more in poor range
3-5	3-5	5-11	4-8	Needs improvement: ½ or more intermediate
6-9	6-9	12-18	9-12	Excellent: ½ or more in ideal range