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## Single simple question for low mood: The Emoqol 100

Mood inventories like the PHQ-9 or Kessler are very useful in primary care as patients can appear OK but have very low moods.

A single question, The Emoqol 100<sup>1</sup>, has been developed to enable clinicians to get a quick assessment of their patients' mood. The question narrative goes like this: "How is your emotional quality of life now, with 100 being perfect and zero being worst imaginable?"

It has a sensitivity of 47% and specificity of 93%. What that means is if their score is 50 or less, the person is very likely to have a PHQ-9 score of  $\geq 10$ , which indicates a low mood. It takes about 15 seconds to ask, is simple and does not require the patient to have their glasses handy.

Reference:

1. Emoqol 100, an ultra ultra-brief mood case-finding tool. Journal of Family Medicine and Primary Care (2021) [View here](#)

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