



Am I Depressed?

In order to recognize symptoms of depression, and whether or not depression is a problem for you, answer these questions, recording the indicated numeric score for each question.

During the last two weeks, have you experienced the following?

Unhappiness, emptiness, sadness or irritability most of the day, nearly every day.

(Yes = 3 points; No = 0 points)

Decreased interest or pleasure in most activities most of the day, nearly every day.

(Yes = 4 points; No = 0 points)

Had a significant change in appetite or weight.

(Yes = 1 point; No = 0 points)

A lowered energy level; even simple tasks are now an effort.

(Yes = 2 points; No = 0 points)

Feelings of hopelessness or helplessness.

(Yes = 3 points; No = 0 points)

Trouble concentrating on simple tasks that were never a problem before.

(Yes = 1 point; No = 0 points)

Preferring to stay by yourself rather than interact with other people.

(Yes = 1 point; No = 0 points)

A feeling that you are "not yourself" anymore.

(Yes = 1 point; No = 0 points)

Your sleep patterns have changed, such as waking up too early or having trouble falling asleep.

(Yes = 2 points; No = 0 points)

Thoughts of suicide or death.

(Yes = 4 points; No = 0 points)

** If you are having suicidal thoughts, seek professional help immediately.*

Results

Total your score. If your score is:

0 to 2 points: You have scored in a range that often is not associated with major depression. But if you are concerned, contact your health care professional.

3 to 6 points: You have answered positively to several questions that are indicators of depression. You might benefit from contacting your health care professional.

7 to 22 points: You have reported many of the symptoms of major depression. You should consult with your health care professional as soon as possible.

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