

Are You Depressed?

by Amy Scholten, M.P.H.

Everyone feels sad on occasion, but these feelings usually pass within a few days. Depression, on the other hand, can be a lengthier and more serious condition. It can cause pain for both you and the people who care about you. Depression is a common illness that can be mild, moderate or severe. Many people with depression do not seek treatment. But most, even those with very severe depression, can get better with treatment.

The following survey has been designed to help you assess symptoms of possible depression. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, add all of your points and interpret your score at the bottom of the page.

1. I feel tired or slowed down for no apparent reason.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

2. I have lost interest in things I used to find enjoyable.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

3. I have been having difficulty making decisions.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

4. I feel sad or empty.

- a) Never
- b) Sometimes
- c) Often

d) Almost all the time

5. I have crying spells.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

6. I feel anxious or agitated.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

7. I feel guilty or regretful.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

8. I feel like a failure.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

9. My sleep has been disturbed (I sleep too much, too little, or wake up too early).

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

10. I think about suicide.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

11. I feel trapped.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

12. Accomplishing even simple tasks takes a lot of effort.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

13. I feel numb or lifeless.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

14. I feel hopeless about the future.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

15. I feel irritable.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

16. I have a poor appetite or overeat.

- a) Never
- b) Sometimes
- c) Often
- d) Almost all the time

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, c, and d answers by their corresponding point value)
Number a answers:	All a answers = 0 points	
Number of b answers:	All b answers = 1 point	
Number of c answers:	All c answers = 5 points	
Number of d answers:	All d answers = 10 points	
		Score (add total of a, b, c and d points):

Your Score	Interpretation
0-8	Your score suggests that you have no depression . Even so, you should seek professional help immediately if you ever feel in danger of hurting yourself or others.
9-16	Your score suggests that you possibly have mild depression . Consider seeing your health care provider or a mental health professional for a more thorough screening. Seek help immediately if you ever feel in danger of hurting yourself or others.
17-40	Your score suggests that you may mild to moderate depression . Please see your health care provider or a mental health professional for a more thorough screening. Seek help immediately if you ever feel in danger of hurting yourself or others.
41-80	Your score suggests that you have moderate to severe depression . Please see your health care provider or a mental health professional right away for a more thorough screening. Seek help immediately if you ever feel in danger of hurting yourself or others.
81-160	Your score suggests that you have severe depression . Please seek help from from a health care or mental health care provider immediately, especially if you feel in danger of hurting yourself or others.

Source:

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