

Are You Depressed?

Rate your level of depression by circling the number that is most descriptive of your feelings over the last several weeks. For the option "same as usual," refer to the last time you felt happy and "un-depressed," or to what you think is "normal" for most people. Then add the number up and compare to the key at the bottom of the page.

1. SLEEP PATTERN
0 1 2 3 4
2. ENERGY LEVEL
0 1 2 3 4
3. EATING AND APPETITE
0 1 2 3 4
4. WEIGHT-LAST MONTH
0 1 2 3 4
5. DESIRE FOR SEX
0 1 2 3 4
6. ABILITY TO WORK
0 1 2 3 4
7. INTEREST IN OTHER ACTIVITIES OR PEOPLE
0 1 2 3 4
8. EVALUATION OF PERSONAL ACCOMPLISHMENTS
0 1 2 3 4
9. EVALUATION OF SELF
0 1 2 3 4
10. PERSPECTIVE ON FUTURE
0 1 2 3 4
11. EXPERIENCE OF LIFE
0 1 2 3 4
12. REACTION TO ACTUAL MISFORTUNE
0 1 2 3 4
13. FEELINGS OF "SADNESS"
0 1 2 3 4
14. SENSITIVITY TO IRRITATION
0 1 2 3 4
15. DURATION OF DEPRESSED FEELINGS
0 1 2 3 4
16. APPARENT REASON FOR NEGATIVE FEELINGS (WHEN I HAVE THEM)
0 1 2 3 4
17. CRYING
0 1 2 3 4
18. THOUGHTS OF KILLING MYSELF
0 1 2 3 4

TOTAL SCORE LEVEL OF DEPRESSION

- | | |
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| 0-10 | Experiencing normal ups and downs. |
| 11-20 | Mild mood disturbances; if it persists, it may be helpful to seek professional assistance. |
| 21-35 | Moderate level of depression; professional assistance is recommended. |
| 35+ | Severe level of depression; professional assistance is strongly advised. |