

Depression Self-Assessment

Periodic blue moods, grief from loss, or mild sadness are normal occurrences for nearly everyone. When these feelings become more intense and last longer, it could be a sign of more serious depression. Difficult life events, family history and genetics, severe stress, trauma, major loss, and excess alcohol or drug use can all lead to a higher risk of depression which doesn't lift and may require counseling and/or medication.

Depression can be treated successfully. Here is a simple quiz that will help you to make some initial decisions about next steps. You may want to speak to a professional about your symptoms.

- 1.** I have seen a steady change in my appetite and eating patterns, such as a loss of appetite or eating much more than normal. **Yes | No**
- 2.** I have lost interest in activities that I typically enjoy. **Yes | No**
- 3.** Sometimes I just feel like crying. **Yes | No**
- 4.** I am having difficulty with my sleep, e.g., sleeping too much, awakening very early in the morning and/or having difficulty falling and staying asleep. **Yes | No**
- 5.** I have had more thoughts about dying and suicide. **Yes | No**
- 6.** Sometimes I feel as if people would be better off without me in their lives. **Yes | No**
- 7.** I feel as if I have very little energy. **Yes | No**
- 8.** I am having more difficulty concentrating on things. **Yes | No**
- 9.** I have little interest in sexual intimacy. **Yes | No**
- 10.** I get much more irritable or angry at things lately. **Yes | No**
- 11.** The future seems bleak to me. **Yes | No**

Results:

Now count up the number of “Yes” answers. If you have answered ‘Yes’ to 3 or more of these questions, there is a good chance that you may be experiencing some type of depression. However, even one ‘Yes’ answer could signal a serious depression that requires professional help.

Remember, there are different types of depression and different levels of severity. Obtaining an accurate diagnosis from a professional is a necessary first step in order to match an appropriate treatment.

This self-assessment quiz is not a diagnostic tool. It is simply one way to help you to begin thinking about your current mood and symptoms. We urge you to share your responses with a licensed professional.