



DEPRESSION SCREENING TOOL

Warning: The following screening tool is intended to identify depression. It is not to replace professional and clinical judgment. Consult a clinician for proper diagnosis.

The following questions relate to the most common signs of depression. Check all that apply to you where the symptoms have lasted two or more weeks and occurred nearly on a daily basis.

	YES	NO
Feelings of sadness, crying	<input type="checkbox"/>	<input type="checkbox"/>
Diminished or loss of interest in pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties falling asleep or oversleeping	<input type="checkbox"/>	<input type="checkbox"/>
Decreased energy and fatigued	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties in thinking, concentrating, remembering, or indecisiveness	<input type="checkbox"/>	<input type="checkbox"/>
Feelings of guilt, worthlessness and hopelessness	<input type="checkbox"/>	<input type="checkbox"/>
Weight loss or gain of more than 5% of body weight in one month	<input type="checkbox"/>	<input type="checkbox"/>
Restlessness, irritability or being slowed down	<input type="checkbox"/>	<input type="checkbox"/>
Recurrent thoughts of death or suicide or suicide attempts	<input type="checkbox"/>	<input type="checkbox"/>

NOTE: The above symptoms are not due to a medical condition or direct effects of a controlled substance or medication.

If you have five or more of these symptoms, and they have been present for over two weeks, you may be depressed.