

Depression Screening Quiz

Disclaimer. This screening measure is intended solely for informational purposes only and is not designed to provide a diagnosis or treatment. An accurate diagnosis can only be made by a qualified professional after a thorough evaluation.

Over the past two weeks, have you been bothered by the following:

	NEVER	SOMETIMES	ALMOST ALWAYS
Loss of interest in pleasure in previously enjoyed activities			
Feeling down, sad or hopeless			
Changes in sleep, either sleeping too much or not enough			
Feeling fatigued or having little energy			
Increased appetite or no appetite at all			
Feeling bad about yourself, like you have let yourself down			
Trouble concentrating			
Moving or speaking slowly or being agitated			
Thoughts that you may be better off dead			
Being more easily irritated			
Crying episodes			

If you have endorsed many of these items as occurring 'Sometimes' or 'Often,' you may be struggling with depression. You may wish to consult with a mental health professional to discuss diagnosis and treatment issues.