

IDENTIFYING DEPRESSION QUESTIONNAIRE

This questionnaire is an important step toward good health. Your answers to these questions can help you and your doctor identify whether or not you have symptoms of depression. Please answer every question to the best of your ability.

Over the last 2 weeks, how often have you been bothered by any of the following problems

*Not Several More than Nearly
at all days half the days every day*

1. Little interest or pleasure in doing things				
2. Feeling down				
3. Feeling depressed				
4. A sense of hopelessness				
5. Trouble falling or staying asleep				
6. Sleeping too much				
7. Feeling tired or having little energy				
8. Poor appetite or overeating				
9. Trouble concentrating on things				
10. Thoughts that you would be better off dead				

If you checked “several days” or higher for #1 or #2 and for 4 or more other problems, discuss your answers with a doctor. Only a doctor can make a diagnosis of depression. Also talk to your doctor if you checked “several days” or higher for #10. Having repeated thoughts of death or suicide is the most serious symptom of depression. If you are thinking of harming yourself, get help immediately; make your feelings known to someone who can help you—your doctor, family members, friends. Your doctor is an excellent person to tell.