

'Am I depressed?' self assessment sheet

Look at the statements below and then circle the number to the right of the response that best describes how you have been feeling.

Over the past two weeks, how often have you been bothered by the following...?

Little interest or pleasure in doing things...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Feeling down, depressed or hopeless...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Trouble falling asleep, staying asleep or sleeping too much...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Feeling tired or having little energy...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Poor appetite or over eating...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Feeling bad about yourself, feeling that you are a failure or feeling that you have let yourself or your family down...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Trouble concentrating on things such as reading a newspaper or watching television...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Moving or speaking so slowly that other people could have noticed. Or being so fidgety or restless that you have been moving around a lot more than usual...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Thinking that you would be better off dead or that you want to hurt yourself in some way...	Not at all	0
	Several days	1
	More than half the days	2
	Nearly every day	3

Now add together all the numbers you have circled and write the total here...

DATE:

Between 1 and 9

A Score of between 1 and 9 may indicate mild depression. There are several things that you can do to help improve your sense of wellbeing such as taking regular exercise, ensuring you get enough sleep and talking to friends, family or a counsellor. If you are still concerned about how you are feeling, contact your GP for further advice.

Between 10 and 14

A score of between 10 and 14 may indicate moderate depression. Think about how severely your mood is affecting your life. It may well be that you can improve things by taking some of the steps suggested above. You may wish to try completing this questionnaire again in a couple of weeks to see if things are getting any better. If you are at all concerned about how you are feeling or the effect it is having on your ability to cope, you may want to think about talking to your GP.

Between 15 and 19

A score of between 15 and 19 may indicate that you have moderate to severe depression. It is unlikely that self treatment will be sufficient and it is recommended that you contact your GP for advice.

More than 20

A score of more than 20 would suggest that you are suffering from severe depression. It is important that you make an appointment to see your GP who will be able to talk to you about how best you can deal with it.

PLEASE NOTE:

This self assessment sheet should only be used as a guide and is not a substitute for professional advice. If you have any concerns at all about your health or emotional well being, please contact your GP or other health professional.