

Depression Self Assessment

DEPRESSION SELF ASSESSMENT

Name: _____ Age: _____

Please read each statement and select the option that best describes your experience over the past two weeks, according to the scale below: 0 = Not at all, 1 = Several days, 2 = More than half the days, 3 = Nearly every day

1. Little interest or pleasure in doing things

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

2. Feeling down, depressed, or hopeless

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

3. Trouble falling or staying asleep, or sleeping too much

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

4. Feeling tired or having little energy

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

5. Poor appetite or overeating

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

6. Feeling bad about yourself or feeling that you are a failure or have let yourself or your family down

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

8. Moving or speaking so slowly that other people could have noticed, or the opposite: being so fidgety or restless that you have been moving around a lot more than usual

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

9. Thoughts that you would be better off dead, or of hurting yourself

☐ 0 - Not at all ☐ 1 - Several days ☐ 2 - More than half the days ☐ 3 - Nearly every day

10. If you checked off any problems, how difficult have these problems made it for you at work, home, or with other people?

☐ Not difficult at all ☐ Somewhat difficult ☐ Very difficult ☐ Extremely difficult

Total (out of 27): _____

INTERPRETATION AND ASSESSMENT

Get your total score. Scores fall into different classifications: 1-4: Minimal depression, 5-9: Mild depression, 10-14: Moderate depression, 15-19: Moderately severe depression, 20-27: Severe depression

Additional Notes: