

Depressed?

Depression Self-Test

Circle the appropriate numbered answer to the following statements that have been present during the same 2-week period and represent a change from previous functioning :

0 = not at all 1 = some of the time 2 = moderately 3 = lot of the time 4 = most of the time

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|---|---|---|---|---|---|
| 1. I have been depressed, sad or irritable. | 0 | 1 | 2 | 3 | 4 |
| 2. I have felt discouraged. | 0 | 1 | 2 | 3 | 4 |
| 3. My pleasure or satisfaction in life has diminished. | 0 | 1 | 2 | 3 | 4 |
| 4. I have had a change in weight (loss or gain) or a change in appetite (decrease or increase). | 0 | 1 | 2 | 3 | 4 |
| 5. I have had a change in sleeping patterns (not enough sleep or oversleeping). | 0 | 1 | 2 | 3 | 4 |
| 6. I have had a sense of lowered self-esteem or self-confidence. | 0 | 1 | 2 | 3 | 4 |
| 7. I have had a sense of worthlessness, failure, or of being inadequate. | 0 | 1 | 2 | 3 | 4 |
| 8. My ability to think or concentrate has diminished. | 0 | 1 | 2 | 3 | 4 |
| 9. I am indecisive or I procrastinate. | 0 | 1 | 2 | 3 | 4 |
| 10. I wonder if life is worth living. | 0 | 1 | 2 | 3 | 4 |

Totals
addition of each column

Grand Total
addition of all 5 columns

Take a look at your answers, if you answered "Moderately" (2) or higher (3 or 4) to any five of the above statements and there has been significant distress or impairment socially, occupationally, or in other important areas of functioning, this may indicate that you are clinically depressed. It is recommended that you seek professional help immediately. If your answers are quite low (under 7), then you are most likely not depressed. However, if you felt the need to do this self-test in the first place, you should ask yourself why, as this may indicate a "masked depression".

NOTE: This questionnaire is provided for informational purposes only and is not intended to replace professional guidance. If you find that your mental, emotional, relational or physical well-being is being affected by depression you should seek professional guidance. Depression should not be taken lightly and can have devastating effects if left untreated.

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