



HEALTH QUESTIONNAIRE

Should you talk to your physician about depression?
Answer the questions below to find out–

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(circle your answer to each question)

| | NOT AT ALL | SEVERAL DAYS | MORE THAN HALF THE DAYS | NEARLY EVERY DAY |
|---|------------|--------------|-------------------------|------------------|
| 1. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3. Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| 4. Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| 5. Poor appetite or overeating | 0 | 1 | 2 | 3 |
| 6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| 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 | 1 | 2 | 3 |
| 9. Thoughts that you would be better off dead, or of hurting yourself | 0 | 1 | 2 | 3 |

add columns + +

Add up the points from each column to calculate your score.

IF YOUR POINT TOTAL FELL IN THE RANGE OF 1-4: YOUR RESPONSES INDICATE MINIMAL DEPRESSION.

This score indicates that you're not having any major symptoms of depression. You may feel down every so often, but these feelings usually go away in a few days. If you are concerned, or if these symptoms last more than 2 weeks, it makes sense for you to share how you are feeling with others.

IF YOUR POINT TOTAL FELL IN THE RANGE OF 5-9: YOUR RESPONSES INDICATE MILD DEPRESSION.

This score indicates that you're having a few symptoms of depression. Right now your daily life probably isn't much different than it usually is, but you may be aware that you're not feeling as good as you usually do. You should try talking to friends, family, and your doctor, and you also may want to keep track of your mood. You can do this by writing down how you are feeling on a daily basis or taking this test every few days. If your depression score goes up, if you notice that you're feeling worse, or if these symptoms are causing problems in your life, be sure to talk to your doctor.

IF YOUR POINT TOTAL FELL IN THE RANGE OF 10-14: YOUR RESPONSES INDICATE MODERATE DEPRESSION.

This score indicates that you're having significant symptoms of depression. Don't let the word "moderate" fool you—the symptoms you describe are probably causing problems in your daily life and may be making it difficult for you to take care of your responsibilities and enjoy life. You should get help right away-- try talking to your doctor and finding a therapist.

It's also important to tell family and friends how you're feeling—getting support from others can be helpful in dealing with depression. When you are feeling depressed, it can be hard to get up the energy to even make a call to the doctor. Talking to others is a great way to get help in finding treatment and support in this difficult time.

How you are feeling right now is NOT how you will always feel. There are many good treatments for depression and people suffering from depression do get better.

IF YOUR POINT TOTAL FELL IN THE RANGE OF 15-19: YOUR RESPONSES INDICATE MODERATELY SEVERE DEPRESSION.

This score indicates that you're experiencing many symptoms of depression-- take this seriously. Don't let the word "moderate" fool you-- the symptoms you describe may be causing you big problems in your daily life. It's probably very hard for you to take care of your responsibilities and enjoy life. You may even be feeling like you are carrying a heavy weight that makes it almost impossible to get through your day.

It's SO important to get help right away even if you feel that your symptoms aren't that bad. When you feel depressed, it can be hard to get up the energy to do even small things to take care of yourself. Call your doctor or a mental health professional today and be sure to tell your friends and family how you are feeling.

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IF YOUR POINT TOTAL FELL IN THE RANGE OF 20-27: YOUR RESPONSES INDICATE SEVERE DEPRESSION.

This score indicates that you're experiencing very significant symptoms of depression-- take this very seriously. Right now depression is causing big problems in your life—it's probably very hard for you to take care of your responsibilities and enjoy life. You may even be feeling like you are carrying a heavy weight that makes it almost impossible to get through your day. It's SO important to get help right away even if you feel that your symptoms aren't that bad. When you are feeling depressed, it can be hard to get up the energy to do even small things to take care of yourself. Call your doctor or a mental health professional today. Tell your friends and family how you are feeling.

How you are feeling right now is NOT how you will always feel. There are many good treatments for depression and people suffering from depression do get better.