

Depression Questionnaire

In order to recognize symptoms of depression, and whether or not depression is a problem for you, please go through each question below and write down your response, recording the indicated numeric score for each question.

During the last two weeks, have you experienced the following?

1. **Unhappiness, emptiness, sadness or irritability most of the day, nearly every day.**
 (If answer is true, give yourself 3 points)
 (If answer is false, give yourself 0 points)
2. **Decreased interest or pleasure in most activities most of the day, nearly every day.**
 (If answer is true, give yourself 4 points)
 (If answer is false, give yourself 0 points)
3. **Had a significant change in appetite or weight.**
 (If answer is true, give yourself 1 point)
 (If answer is false, give yourself 0 points)
4. **A lowered energy level; even simple tasks are now an effort.**
 (If answer is true, give yourself 2 points)
 (If answer is false, give yourself 0 points)
5. **Feelings of hopelessness or helplessness.**
 (If answer is true, give yourself 3 points)
 (If answer is false, give yourself 0 points)
6. **Trouble concentrating on simple tasks that were never a problem before.**
 (If answer is true, give yourself 1 point)
 (If answer is false, give yourself 0 points)
7. **Preferring to stay by yourself rather than interact with other people.**
 (If answer is true, give yourself 1 point)
 (If answer is false, give yourself 0 points)
8. **A feeling that you are "not yourself" anymore.**
 (If answer is true, give yourself 1 point)
 (If answer is false, give yourself 0 points)
9. **Your sleep patterns have changed (e.g.,) waking up too early or trouble falling asleep.**
 (If answer is true, give yourself 2 points)
 (If answer is false, give yourself 0 points)
10. **Thoughts of suicide or death.**
 (If answer is true, give yourself 4 points)
 (If answer is false, give yourself 0 points)
 * If you are having suicidal thoughts, seek professional help immediately.

Results

Total your score. If your score is:

0 to 2 points: Based on your answers to the questions in the quiz, you have scored in a range that often is not associated with major depression. But if this is an area of concern to you, you might want to contact your Employee Assistance Program (EAP).

3 to 6 points: Based on your answers to the questions in the quiz, you have answered positively to several questions that are indicators of depression. You might benefit from contacting your EAP.

7 to 22 points: You have reported many of the symptoms found in people with major depression. This is considered a high score. You should consult with your EAP as soon as possible.

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