

Wondering if you have depression?

Print this test and answer the questions to find out.

1. Have you been in a depressed mood most of the day, nearly every day for at least two weeks?
2. Have you lost interest or pleasure in most daily activities, nearly every day for at least two weeks?
3. Have you experienced a significant weight change (at least five pounds) either loss or gain recently?
4. Has your appetite changed (increased or decreased) for an extended period?
5. Have you suffered from insomnia (can't sleep) or hypersomnia (more sleep than usual), nearly every day for at least two weeks?
6. Have you felt tired or experienced a loss of energy during the day, nearly every day for at least two weeks?
7. Have you had guilty feelings or feelings of worthlessness nearly every day for at least two weeks?
8. Have you had difficulty thinking, concentrating, or making decisions nearly every day?
9. Have you had any thoughts of death or any thoughts of suicide without any specific plan?
10. Did the depressed mood begin after someone close to you died or within four weeks of giving birth?

- a) Did you circle yes for either question 1 or 2? _____
- b) Did you circle yes four or more times in questions 3-9? _____
- c) Did you respond yes to question 10? _____

If you responded yes to both (a) and (b), you may be suffering from an episode of major depression.

If you responded yes to question (c) and your symptoms are disabling and have lasted for more than two months, you should seek professional treatment. If you responded yes to question 9, seek professional help as soon as possible.