

Depression Self-Test

Is it possible that I have symptoms of Depression?

<u>Question</u>	<u>Not at All</u>	<u>Very Seldom</u>	<u>Some- Times</u>	<u>Most of the Time</u>	<u>All of the Time</u>
1. I have noticed a change in my sleeping pattern, such as having trouble falling asleep, waking up constantly through the night, or oversleeping in the morning.	_____	_____	_____	_____	_____
2. I feel uninterested in the things that were once enjoyable to me.	_____	_____	_____	_____	_____
3. I've been feeling sad, unhappy, or blue.	_____	_____	_____	_____	_____
4. I tend to ignore the phone when it rings even though it may be one of my friends.	_____	_____	_____	_____	_____
5. I feel like I've been drained of all my energy.	_____	_____	_____	_____	_____
6. I've been crying a lot.	_____	_____	_____	_____	_____
7. It seems like everything goes wrong no matter how hard I try.	_____	_____	_____	_____	_____
8. I turn down invitations because I feel like I don't have enough energy to socialize and I feel that my depressed mood will just get everyone else down.	_____	_____	_____	_____	_____
9. I purposely engage in risky behavior.	_____	_____	_____	_____	_____
10. I stay home from school or work because I feel depressed.	_____	_____	_____	_____	_____
11. It is a hard and long process for me to make decisions lately.	_____	_____	_____	_____	_____
12. I feel like a failure and not very likable.	_____	_____	_____	_____	_____
13. I've been getting headaches, stomach aches and sensations of pins in my joints that can't be traced to physical injuries.	_____	_____	_____	_____	_____
14. I've been thinking a lot about my own death.	_____	_____	_____	_____	_____
15. I've gained or lost weight without really trying.	_____	_____	_____	_____	_____
16. I find it hard to concentrate for any length of time.	_____	_____	_____	_____	_____
17. I've been thinking about suicide.	_____	_____	_____	_____	_____
18. I've been drinking more alcohol than usual.	_____	_____	_____	_____	_____
19. I feel like I've lost interest in sex and am experiencing sexual difficulties.	_____	_____	_____	_____	_____
20. I feel restless and easily irritable.	_____	_____	_____	_____	_____
21. Eating seems to be more trouble than it's worth.	_____	_____	_____	_____	_____

Although this, or no self-test, is conclusive, if you answered MOST OF THE TIME or ALL OF THE TIME to more than five of these questions, there is a possibility you may have a depression and you should contact an iTherapyRX counselor or another health care professional.