

## Depression Self-Test

Is it possible that I have symptoms of Depression?

| <u>Question</u>   | <u>Not at<br/>All</u> | <u>Very<br/>Seldom</u> | <u>Some-<br/>Times</u> | <u>Most of<br/>the Time</u> | <u>All of<br/>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.