

DO I HAVE DEPRESSION?



People with depression do not all have the same symptoms.

In the last 2 weeks, have you experienced:

- 1. Persistent sad, anxious or “empty” feelings**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 2. Feelings of hopelessness or pessimism**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 3. Feelings of guilt, worthlessness or helplessness**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 4. Irritability, restlessness**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 5. Loss of interest in activities or hobbies once pleasurable**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 6. Fatigue and decreased energy**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 7. Difficulty concentrating, remembering details and making decisions**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)
- 8. Insomnia, early-morning wakefulness or excessive sleeping**
(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)

9. Overeating, or appetite loss

(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)

10. Thoughts of suicide, suicide attempts (if you are having suicidal thoughts, seek professional help immediately!)

(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)

11. Aches or pains, headaches, cramps, or digestive problems that do not go away even with treatment.

(If answer is yes, give yourself 1 point.)
(If answer is no, give yourself 0 points.)

RESULTS

Total your score. If your score is:

0 to 3 points: It is likely that what you feel is not major depression. If you are still worried, talk with your doctor or a mental health professional.

4 to 7 points: You are feeling many symptoms of depression. You might benefit from talking with your doctor or a mental health professional.

If you are having thoughts of killing yourself, seek help now! Call 911 or the National Suicide Prevention Lifeline at (800) 273-8255.

8 to 11 points: You have noted feeling many of the symptoms found in people with major depression. You should talk with your doctor or mental health professional as soon as possible.

If you are having thoughts of killing yourself, seek help now! Call 911 or the National Suicide Prevention Lifeline at (800) 273-8255.

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