

Depression Self-Assessment

Take this self-assessment to see if you have symptoms of Depression.

You can also print out the results of your assessment to share with your doctor or other mental health professional.

Check all boxes that apply to you.

- I'm often restless and irritable.
- I don't enjoy hobbies, leisure activities, or time with friends and family anymore.
- I'm having trouble managing my diabetes, hypertension, or other chronic illness.
- I have nagging aches and pains that don't get better, no matter what I do.

My sleep patterns are irregular:

- I'm sleeping too much.
- I'm not sleeping enough.

I often have:

- Digestive(stomach) problems
- Headaches or backaches
- Vague aches and pains (e.g., joint or muscle pains)
- Chest pains
- Dizziness

- I have trouble concentrating or making simple decisions.
- People have commented on my mood or attitude lately.
- My weight has changed considerably.
- I feel that my functioning in everyday life (work and my interactions with family and friends) is suffering because of these problems.
- I've had several of the symptoms I checked above for more than two weeks.
- I have a family history of depression.
- I've thought about suicide.