

## Depression Check List

0-4=minimal symptoms of depression

5-8=mild depression

9-11 moderate depression

12 or more=severe depression

Sadness	0	I do not feel sad.
	1	I feel sad much of the time.
	2	I am sad all the time.
	3	I am so sad or unhappy that I cannot stand it.
Sleep	0	I sleep well almost every night.
	1	I have trouble falling asleep more than once a week.
	2	I wake up an hour or two before I need to and cannot go back to sleep most nights.
	3	I have difficulty falling asleep and I wake before I need to most nights.
Hope And Despair	0	I am not discouraged about my future.
	1	I feel more discouraged about my future than I used to be.
	2	I do not expect things to work out for me.
	3	I feel my future is hopeless and will only get worse.
Failure	0	I do not feel like a failure.
	1	I have failed more than I should have.
	2	As I look back, I see a lot of failures.
	3	I feel I am a total failure as a person.
Appetite	0	I eat as much as I always eat.
	1	I occasionally don't have an appetite.
	2	I frequently avoid eating regular meals.
	3	Others have commented on my weight loss.
Self Criticism	0	I don't criticize or blame myself more than usual.
	1	I am more critical of myself than I used to be.
	2	I criticize myself for all my faults.
	3	I blame myself for everything bad that happens.
Suicide And Thoughts Of Death	0	I don't have any thoughts of killing myself.
	1	I have thoughts of killing myself, but I would not carry them out.
	2	I would like to kill myself.
	3	I would kill myself if I had the chance.
Anger	0	I feel relaxed and pleased with life.
	1	I frequently become irritated with myself or others.
	2	I often yell at others or myself.
	3	I feel that I have no control over my anger.
Shame	0	I am pleased with myself and my accomplishments.
	1	I see myself as filled with mistakes and without significant accomplishment.
	2	When I am with others I feel embarrassed.
	3	I am totally ashamed of myself.
Energy	0	I have adequate energy and drive to accomplish whatever I want or need to do.
	1	It takes me some time to get moving in order to accomplish those tasks that I want to.
	2	It takes me some time to get moving in order to accomplish those tasks that I view as necessities.
	3	Even accomplishing the necessities of life is difficult for me.
Concentration and Memory	0	I have no trouble recalling information or concentrating.
	1	I have found recalling information and concentrating becoming increasingly difficult
	2	I feel that my recall and concentration has significantly gotten in the way of my life.
	3	I find that recalling or concentration is impossible.