

DEPRESSION SCREENING QUESTIONNAIRE

1. I am unable to do things I used to do.
2. I feel hopeless about the future.
3. I can't make decisions.
4. I feel sluggish or restless.
5. I am gaining or losing weight.
6. I get tired for no reason.
7. I am sleeping too much, or too little.
8. I feel unhappy.
9. I become irritable or anxious.
10. I think about dying or killing myself.

If you answered yes to 5 or more of these questions, and you have felt this way every day for several weeks, there is a good chance you are suffering from depression and should see a psychiatrist or other health care professional.

If you answered yes to question 10, you should seek help immediately, regardless of your answer to any other questions.