



Depression Screening Test

FOR MORE THAN TWO WEEKS:

1. Do you feel sad, blue, unhappy or "down in the dumps" ?
2. Do you feel tired, having little energy, unable to concentration?
3. Do you feel uneasy, restless or irritable?
4. Do you have trouble sleeping or eating (too little or too much)?
5. Do you feel that you are not enjoying the activities that you used to?
6. Do you feel that you lost interest in sex or experiencing sexual difficulties?
7. Do you feel that it takes you longer than before to make decisions or are you unable to concentrate?
8. Do you feel inadequate, like a failure or that nobody likes you anymore?
9. Do you feel guilty without a rational reason, or put yourself down?
10. Do you feel that things always go or will go wrong no matter how hard you try?

Disclaimer:

If you have answered yes to five or more of the questions above, it may mean that you are experiencing mild to moderate depressive symptoms and indicate the need for an evaluation by a psychotherapist