

SYMPTOM

0

You reach out to your best friend about why you are always sad it makes you feel a lot better.

Do not move on Severity Scale.

Symptom Info

Try to spend time with other people and confide in a trusted friend or relative. Try not to isolate yourself, and let others help you.



SYMPTOM

+2

Food has been an afterthought for you lately and you have lost a significant amount of weight.

Move up 2 spaces on Severity Scale

Symptom Info

Although depression may occur only one time during your life, usually people have multiple episodes of depression. During these episodes, symptoms occur most of the day, nearly every day and may include changes in appetite — often reduced appetite and weight loss.



