

Depression Signs and Symptoms

It's normal to feel some of the following symptoms from time to time, but experiencing several for more than two or three weeks may indicate the presence of depression or another depressive illness.



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| <input type="checkbox"/> I feel sad. | <input type="checkbox"/> I'm restless and jittery. I can't sit still. | |
| <input type="checkbox"/> I feel like crying a lot. | <input type="checkbox"/> I feel nervous. | |
| <input type="checkbox"/> I'm bored. | <input type="checkbox"/> I feel disorganized, like my head is spinning. | <input type="checkbox"/> Sometimes I feel like I'm losing it. |
| <input type="checkbox"/> I feel alone. | <input type="checkbox"/> I feel self-conscious. | <input type="checkbox"/> I feel "different" from everyone else. |
| <input type="checkbox"/> I don't really feel sad, just "empty". | <input type="checkbox"/> I can't think straight. My brain doesn't seem to work. | <input type="checkbox"/> I smile, but inside I'm miserable. |
| <input type="checkbox"/> I don't have confidence in myself. | <input type="checkbox"/> I feel ugly. | <input type="checkbox"/> I have difficulty falling asleep or I awaken between 1 A.M. and 5 A.M. and then I can't get back to sleep. |
| <input type="checkbox"/> I don't like myself. | <input type="checkbox"/> I don't feel like talking anymore - I just don't have anything to say. | <input type="checkbox"/> My appetite has diminished - food tastes so bland. |
| <input type="checkbox"/> I often feel scared, but I don't know why. | <input type="checkbox"/> I feel my life has no direction. | <input type="checkbox"/> My appetite has increased - I feel I could eat all the time. |
| <input type="checkbox"/> I feel mad, like I could just explode! | <input type="checkbox"/> I feel life isn't worth living. | <input type="checkbox"/> My weight has increased/decreased. |
| <input type="checkbox"/> I feel guilty. | <input type="checkbox"/> I consume alcohol/take drugs regularly. | <input type="checkbox"/> I have headaches. |
| <input type="checkbox"/> I can't concentrate. | <input type="checkbox"/> My whole body feels slowed down - my speech, my walk, and my movements. | <input type="checkbox"/> I have stomachaches. |
| <input type="checkbox"/> I have a hard time remembering things. | <input type="checkbox"/> I don't want to go out with friends anymore. | <input type="checkbox"/> My arms and legs hurt. |
| <input type="checkbox"/> I don't want to make decisions - it's too much work. | <input type="checkbox"/> I don't feel like taking care of my appearance. | <input type="checkbox"/> I feel nauseous. |
| <input type="checkbox"/> I feel like I'm in a fog. | <input type="checkbox"/> Occasionally, my heart pounds, I can't catch my breath, and I feel tingly. | <input type="checkbox"/> I'm dizzy. |
| <input type="checkbox"/> I'm so tired, no matter how much I sleep. | <input type="checkbox"/> My vision feels strange and I feel I might pass out. The feeling passes in seconds, but I'm afraid it will happen again. | <input type="checkbox"/> Sometimes my vision seems blurred or slow. |
| <input type="checkbox"/> I'm frustrated with everything and everybody. | | <input type="checkbox"/> I'm clumsy. |
| <input type="checkbox"/> I don't have fun anymore. | | <input type="checkbox"/> My neck hurts. |
| <input type="checkbox"/> I feel helpless. | | |
| <input type="checkbox"/> I'm always getting into trouble. | | |

Remember, you must seek a professional for an accurate diagnosis of depression.

This checklist is provided only as a tool to help you talk with your doctor or treatment provider about your concerns and develop an action plan for successful recovery