**Depression test analysis**

1. **Little interest OR pleasure in doing things( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

2-**Feeling down, depressed OR hopeless( 3points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

3-**Trouble falling OR staying asleep OR sleeping too much( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

4-**Feeling tired OR having little energy( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

5-**Poor appetite OR overeating( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

6-**Feeling bad about yourself OR that you are a failure OR have let yourself OR your family down( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

7-**Trouble concentrating on things, such as reading the newspaper OR watching television( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

8-**Moving OR speaking so slowly that other people could have noticed OR moving around a lot more than usual. ( 3 points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

9-**Thoughts that you would be better off dead OR of hurting yourself. ( 3points )**

Not at all(0)

Several days(1)

More than half the days(2)

Nearly every day(3)

**Depression test results :**

النتيجه الاولى :

0 – 4

Your Depression score is : score

Level : None/low

Instructions : Your psychological state in terms of Depression is very good and there is no need to be afraid, all you have to do is relax and take a rest.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثانيه :

5 – 9

Your Depression score is : score

Level : Mild

Instructions : Your result of your test in terms of Depression is good, and not in a dangerous situation, you can just get comfortable and get away from any source of pressure around you so that you can lead a normal life.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الثالثه :

10 – 14

Your Depression score is : score

Level : Moderate

Instructions : The result of your psychological test in terms of Depression is considered moderate, not dangerous, but it must be treated before it increases. We advise you to refer to a psychotherapist who specializes in Depression, and you should take a sufficient amount of rest and stay away from everything that causes you inconvenience as soon as possible.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الرابعه :

15 - 19

Your Depression score is : score

Level : moderately severe

Instructions : The result of your psychological test in terms of Depression is considered moderately severe, not dangerous, but it must be treated before it increases. We advise you to refer to a psychotherapist who specializes in Depression, and you should take a sufficient amount of rest and stay away from everything that causes you inconvenience as soon as possible.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.

النتيجه الخامسه :

20 - 27

Your Depression score is : score

Level : severe

Instructions : The result of your psychological test in terms of Depression is considered severe , you should see a psychotherapist specializing in Depression disorders as soon as possible, and you must take a sufficient amount of rest and stay away from everything that causes you inconvenience while continuing the psychological sessions to get psychological comfort away from pressure.

If you want to be sure, you can contact a specialist therapist through our website to better diagnose your condition.