

# Depression Test

Please take a moment to answer the following **optional** questions. Your answers are totally anonymous—we won't be able to identify you based on this information. Your answers help us provide better information and support for people like you.

You can answer as many or as few questions as you would like. When you are done, scroll to the bottom of the survey and click "submit" to receive your screening results.

Are you taking this test for yourself or for someone else?

FOR MYSELF

FOR SOMEONE ELSE

If you are taking this test for someone else, **please use that person's information** for the questions below, or leave them blank if you don't know the answer. Remember, *these questions are optional*.

## About You

Age Range

18-24

Gender

FEMALE

MALE

NON-BINARY

☐

Please check this box if you identify as transgender.

Race/Ethnicity

ASIAN

Household Income

\$20,000 - \$39,999

Do you live in the United States or another country?

I LIVE IN THE UNITED STATES

I LIVE IN ANOTHER COUNTRY

What country do you live in?

INDIA

Zip/Postal Code

Which of the following populations describes you?

Select all that apply.

- ☐ Veteran or active-duty military
- ☐ Caregiver of someone living with emotional or physical illness
- ☐ LGBTQ+
- ☐ Student
- ☐ Trauma survivor
- ☐ New or expecting parent
- ☐ Healthcare worker

## About Your Mental Health

Have you ever received treatment/support for a mental health problem?

YES

NO

Think about your mental health test. What are the main things contributing to your mental health problems right now?

Choose up to 3.

- ☐ Abuse or violence
- ☐ Relationship problems (friends, family, or significant other)
- ☐ Body image or self-image
- ☐ School or work problems
- ☐ Basic needs (no food or housing)
- ☐ Financial problems
- ☐ Loneliness or isolation
- ☐ Grief or loss of someone or something
- ☐ Racism, homophobia, transphobia, or discrimination
- ☐ Other...

## About Your Health

Do you currently have health insurance?

YES

NO

Do you have any of the following general health conditions?

Select all that apply.

- ☐ Heart disease
- ☐ Reproductive health concerns (PCOS, endometriosis, infertility, etc.)
- ☐ Diabetes
- ☐ Cancer
- ☐ Arthritis or other chronic pain

- ☐ COPD or other lung conditions
- ☐ Movement Disorders (involuntary tics, tardive dyskinesia, etc.)
- ☐ Other...

PREVIOUS

VIEW RESULTS

The Depression Test is also available in Spanish. (<https://screening.mhanational.org/screening-tools/depression-spanish/>)

Click here to test for postpartum depression (new and expecting parents). (<https://screening.mhanational.org/screening-tools/postpartum-depression/>)

Source:

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**Please note:** Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.

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MHA Screening is an educational program intended to help inform people about options they have in getting help for mental health issues. It may suggest tools and resources that offer information, treatment services, self-help (or “DIY”) tools, and/or ways to connect with others. It does not represent its results as an exhaustive list of all services available to a given individual for a given mental health concern, as an endorsement of specific treatments or services, or as a replacement for treatment or services as performed by a qualified provider. For any and all suggestions, comments, or questions, please [contact Mental Health America](#).