

Depression Test

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Please note, all fields are required.

1. Little interest or pleasure in doing things

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

2. Feeling down, depressed, or hopeless

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

3. Trouble falling or staying asleep, or sleeping too much

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

4. Feeling tired or having little energy

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

5. Poor appetite or overeating

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

7. Trouble concentrating on things, such as reading the newspaper or watching television

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

8. Moving or speaking so slowly that other people could have noticed

Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

9. Thoughts that you would be better off dead, or of hurting yourself

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

10. If you checked off any problems, how difficult have these problems made it for you at work,

home, or with other people?

NOT DIFFICULT AT ALL

SOMEWHAT DIFFICULT

VERY DIFFICULT

EXTREMELY DIFFICULT

NEXT

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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