Q1. **Do you have thoughts of harming yourself or someone else?**

**Yes / No**

Q2 **Do you feel sad for most of the day, nearly everyday?**

I feel sad all day long.

I am sad most of the day, but I can snap out of it.

I have sad thoughts, but they do not take up my day

  I am a happy person and rarely get sad.

Q3 **Are you unable to enjoy your interests or hobbies?**

  I have no desire to have fun

I can still have fun most of the time     

I can have fun sometimes, but not enough of the time

I am the life of the party and can always have fun

Q4 **Have you had significant weight loss or weight gain?**

I have lost/gained significantly in the last two weeks

I have had weight gain/loss, but I have been stressed out

I have had a little, but I am not worried about it

I have not had any weight gain or loss in the last 2 weeks

Q5 **Has there been an excessive amount of either sleeping or staying awake?**

I sleep well, no problems sleeping

I have some problems but I can still function through the day.

I wake-up a lot during the night and then cannot wake up in the morning.

I stay up all night or stay in bed all day.

Q6. **Do you feel like you have no energy?**

all the time

most of the time

sometimes

rarely

Q7. **Do you feel worthless or excessively guilty and unable to think of anything else?**

Everyday

most of the day

part of the day

I rarely feel guilty or worthless

Q8. **Do you have trouble concentrating or having trouble making decisions?**

I can function well everyday

I sometimes space out, but I can get back on track quickly.

I feel like I do not have a grip for most of the day and cannot focus.

I am not sure why I get out of bed in the morning because it is pointless.

**Could you be depressed?**

There are many symptoms of depression, including low mood, feelings of hopelessness, low self-esteem, lack of energy and problems with sleep. The more symptoms someone has, the more likely they are to be depressed.

This test will help you to assess whether you could be suffering from depression.

Answer the questions based on how you've been feeling during the last two weeks.

**1.Have you found little pleasure or interest in doing things?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**2.Have you found yourself feeling down, depressed or hopeless?**

No, not at all (0 points)

On some days (1 points)

On more than half the days (2 points)

Nearly every day (3 points)

**3.Have you had trouble falling or staying asleep, or sleeping too much?**

No, not at all (0 point)

On some days (1 points)

On more than half the days (2 points)

Nearly every day (3 points)

**4.Have you been feeling tired or had little energy?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**5.Have you had a poor appetite or been overeating?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**6.Have you felt that you're a failure or let yourself or your family down?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**7.Have you had some trouble concentrating on things like reading the paper or watching TV?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**8.Have you been moving or speaking slowly, or very fidgety, so that other people could notice?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

**9.Have you thought that you'd be better off dead or hurting yourself in some way?**

No, not at all (0 points)

On some days (1 point)

On more than half the days (2 points)

Nearly every day (3 points)

More on suicidal thoughts

If you have had thoughts of self-harming or are feeling suicidal contact someone immediately.  
• See your GP or the out-of-hours GP service. If you have already taken an overdose or cut yourself badly, dial 999.  
• There are helplines with specially trained volunteers who'll listen to you, understand what you're going through, and help you through the immediate crisis.  
• Or contact a friend, family or someone you trust.  
   
The Samaritans operate a service open 24 hours a day, 365 days a year, for people who want to talk in confidence.

**RESULTS**

**0-10 points**

Based on your responses today it's unlikely you're suffering from depression.

While it's unlikely that you have depression, if you have any concerns about your health, or mood, please call arrange to speak to your GP.

More information on depression, and its causes, can be found by following the link at the bottom of this tool.

**10-27 points**

Based on your responses today it's very likely that you could be suffering from some form of depression but only an experienced health professional can tell for sure.

You should make an appointment to see your GP as soon as possible. They will be able to help you and offer some form of treatment.

Most people with depression improve with good care, which may include changes you can make to your life, talk therapy and medication.