**Depression test**

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

Please note, all fields are required.

Question 1

I feel overwhelmingly sad at times

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 2

When I think of the future I feel hopeless

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 3

I feel like a complete failure

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 4

I get a lot of satisfaction / joy from doing things

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 5

I feel guilty about something most of the time

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 6

I feel like I am being punished

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 7

I feel disappointed (even disgusted) with myself

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 8

The bad things in my life aren’t all my fault

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 9

I am often on the brink of tears or cry

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 10

I feel irritated and annoyed by things in my life

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 11

I am very interested in other people’s lives and like to listen to them

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 12

I find it easy to make decisions, big and small

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 13

I think I am unattractive or ugly

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 14

I find it really hard to do anything, especially work

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 15

My sleep patterns have been really disrupted

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 16

I am so tired I don’t have the energy to do anything

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 17

My appetite has changed a lot

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 18

I have lost a lot of weight

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 19

I am very concerned, even preoccupied, with my physical health

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 20

I am not interested in sexual relations at all

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

Question 21

I have thought about ending my life

* Definitely agree
* Slightly agree
* Slightly disagree
* Definitely disagree

**Demographic Information**

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.

**About You**

1. Age Range
2. Gender

* MALE
* FEMALE
* ANOTHER GENDER

1. Household Income
2. Which of the following populations describes you?

* 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 mother
* Healthcare worker

1. Have you ever been diagnosed with a mental health condition by a professional (doctor, therapist, etc.)?

* YES
* NO

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

* YES
* NO

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

Choose up to 3.

* Coronavirus
* Racism
* Relationship problems
* Past trauma
* Current events (news, politics, etc.)
* Loneliness or isolation
* Grief or loss of someone or something
* Financial problems
* Other…

**About Your Health**

1. Do you currently have health insurance?

* YES
* NO

1. Do you have any of the following general health conditions?

Select all that apply.

* Heart disease
* Diabetes
* Cancer
* Arthritis or other chronic pain
* COPD or other lung conditions
* Movement Disorders (involuntary tics, tardive dyskinesia)
* HIV/AIDS
* Other...

When completing the above questions, it is useful to think about how they have applied to you over the last few weeks or months.

This test will help identify if you might be suffering from depression; the test is an indicator only and not meant to replace a full assessment by a qualified clinician.

***This test was adapted from: Beck’s Depression Inventory***

**Test Results**

These results indicate that...

1 < X >= 21 ------------ Little / none [Green]

**you are unlikely to be Little or No Indication of a depression Disorder**

The scores you have given suggest that Little / none indication that you have symptoms common among people with a depression disorder.

However, this is a very quick test and people experience depression in many different ways. They should be followed up with a professional assessment.

So if you are concerned we would always recommend seeking mental health professional. **Give us a call: +250 737 696 210**

**Keep a copy of your results**

You can send your results to yourself or just print them for safe keeping. **Email yourself your results or**  [**Print your results**](https://www.clinical-partners.co.uk/for-adults/depression/a-test-for-depression/depression-test-results/results)

These results indicate that...

21 < X >= 42 ------------ Moderate Depression [Yellow]

**you are unlikely to be suffering from depression**

The scores you have given suggest may be suffering from Moderate Depression. Consider watchful waiting, and testing again normally within two weeks. We additionally suggest it would be prudent to start a conversation with your doctor. If you need help finding a mental health professional, **we suggest that you reach out to: +250 737 696 210**

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These results indicate that...

42 < X >= 63 ------------ High Depression [Orange]

**you are very likely to be suffering from depression**

The scores you have given suggest, you are suffering from severe depression. It is important that you schedule an appointment with your doctor or a mental health worker now.

The symptoms you report can be debilitating, impacting on many areas of your life. Whilst depression can be difficult to understand for those suffering and their families, it can be successfully treated, and many people go on to lead happy, fulfilled lives.

We can arrange private psychiatric assessments and therapy sessions at one of our professionals: **Give us a call: +250 737 696 210**

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These results indicate that...

42 < X >= 82 ------------ very high **depression** [Red]

**you are very likely to be suffering from depression**

The scores you have given suggest are very likely to be suffering with depression and report many of the common symptoms. It is important that you schedule an appointment with your doctor or a mental health worker now.

The symptoms you report are very serious. Whilst depression can be difficult to understand for those suffering and their families, it can be successfully treated and many people go on to lead happy, fulfilled lives.

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