



Quiz Answer Key

True or false. Write T or F next to each statement:

1. F Depression is always inherited.
2. T Anyone can become depressed.
3. T Depression can last for years if it's not treated.
4. T Depression can cause physical symptoms like stomachaches and headaches.
5. T People with depression may not realize they are depressed.
6. T People can get depressed due to problems with any of these things: genes, brain chemistry, seasons and daylight, life events, family and social environment, health conditions and hormonal changes.

Fill in the blanks:

7. Depression can affect your appetite , causing you to lose or gain weight.
8. If you've been feeling sad, hopeless, or discouraged for weeks, you may be depressed .
9. Talking is a good way to share your feelings and get some understanding of your sadness.
10. Circle or underline the things that might help lift your mood if you're depressed:

Exercising

Thinking about things you're grateful for

Dwelling on your problems

Drinking alcohol

Talking to someone you trust

Going for a walk

Doing something you enjoy

Eating a box of doughnuts

Thinking about all your faults

Playing with your pet