



## Depression Assessment

	Not At All 0	Somewhat 1	Moderately 2	A Lot 3
1. Sadness: Have you been feeling sad or down in the dumps?				
2. Discouragement: Does the future look hopeless?				
3. Low self-esteem: Do you feel worthless or think of yourself as a failure?				
4. Inferiority: Do you feel inadequate or inferior to others?				
5. Guilt: Do you get self-critical and blame yourself for everything?				
6. Indecisiveness: Do you have trouble making up your mind about things?				
7. Irritability and frustration: Have you been feeling resentful and angry a good deal of the time?				
8. Loss of interest in life: Have you lost interest in your career, your hobbies, your family, or your friends?				
9. Loss of motivation: Do you feel overwhelmed and have to push yourself hard to do things?				
10. Poor self-image: Do you think you are looking old or unattractive?				
11. Appetite changes: Have you lost your appetite? Or do you overeat or binge compulsively?				
12. Sleep changes: Do you suffer from insomnia and find it hard to get a good night's sleep? Or are you excessively tired and sleeping too much?				
13. Loss of libido: Have you lost your interest in sex?				
14. Hypochondriasis: Do you worry a great deal about your health?				
15. Suicidal impulses: Do you have thoughts that life is not worth living or think that you might be better off dead? *				
COLUMN TOTAL				

TOTAL \_\_\_\_\_

- 0 – 4 Minimal or no depression
- 5 – 10 Borderline depression
- 11 – 20 Mild depression
- 21 – 30 Moderate depression
- 31 – 45 Severe depression

\*Anyone with suicidal urges needs to seek immediate consultation with a qualified mental health professional

Source: The Feeling Good Handbook by David D Burns, MD