

# DEPRESSION SELF-TEST

## Are You Depressed?

Do you feel sad, anxious, or "empty?"

Are you sleeping more or less than you used to?

Are you eating more or less than you used to?

Have you lost interest in activities you once enjoyed?

Do you feel restless or irritable?

Do you have persistent physical symptoms (such as a headache or stomachache) that don't respond to treatment?

Do you have trouble remembering things, concentrating, or making decisions?

Are you tired or lacking in energy?

Do you feel guilty, hopeless, or worthless?

Do you have thoughts of suicide or death?

Yes	No