



470-7447 or 800-777-6110
www.crouse.org/helppeople

Depression Self-Assessment

A depressed person often has cloudy thinking and a hard time making decisions. These questions have been designed to help you determine if you're depressed and should seek professional help. This inventory is not a substitute for a professional evaluation, but it is a powerful first step in assessing depression.

Have you felt any of these symptoms consistently over the past two weeks?

- Do you feel unusually down and discouraged that life will not get any better in the future? ___yes ___no
- Have you lost your appetite (or are you overeating)? ___yes ___no
- Do you have trouble sleeping, or do you wake up a few hours earlier than usual? ___yes ___no
- Do you have less interest in sex than you used to? ___yes ___no
- Are you tired and lethargic, and do you have trouble motivating yourself to get anything done? ___yes ___no
- Do you feel like a failure, guilty for your mistakes or critical of your shortcomings? ___yes ___no
- Do you feel anxious or worried without any obvious reason? ___yes ___no
- Do you have less interest in what used to make you happy (hobbies, work, or pet projects)? ___yes ___no
- Do you feel annoyed and irritated with people, or have less interest in your family or friends? ___yes ___no
- Is it hard to think clearly, concentrate, or make decisions? ___yes ___no
- Are you overly worried about a lot of minor aches and pains? ___yes ___no

Do you often think about death or committing suicide? **(Anyone answering "yes" to this question should seek professional help immediately.)**

Your score: Add up the number of "yeses" you've checked. A few of these symptoms now and then are a normal part of life's ups and downs. But the higher your score, the more likely you're suffering from depression.

Contact HelpPeople Employee Assistance Program at 470-7447 for more information or an appointment.

All calls are confidential