

Depression assessment

Find out if you or someone you care about may be experiencing depression. Choose the answer that most closely matches how you've been feeling lately or that describes your loved one. Be honest — there are no right or wrong answers, and nobody else will see the results.

Over the past 2 weeks, how often have you been bothered by any of the following?

Use ✓ for your answer	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

For office coding 0 + + +

Total score:



The result above is your cumulative score on the depression assessment. This assessment is an indicator of your current level of depression. It is not an official diagnosis. If you are feeling overwhelmed by depression, speak with a health professional. Remember that depression can be successfully treated.

What your score means

Score of 0–4: No or minimal depression

Your score shows that you have no, or few, signs of depression. But if you feel symptoms getting worse, it may be time to talk to a health professional.

Score of 5–14: Mild to moderate depression

Your results show that you might have symptoms of mild to moderate depression. While some sense of depression on occasion is normal, if you score 10 or above, consider talking to a health professional about what you're experiencing.

Score of 15–27: Moderately severe to severe depression

You may be experiencing signs of moderately severe to severe depression. It may be affecting everyday life and relationships. Talk with a health professional about what you're experiencing.

Next steps

- Write down your score, then retake this assessment in a week or so to see how your depression levels change
- Contact a health professional to discuss treatment options
- Make an appointment with your provider to get a formal diagnosis and develop a treatment plan

If you or someone you know is having thoughts about suicide, there is help available, right here, right now. Call National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. All calls are confidential.

The deaf and hard of hearing can contact the Lifeline via **TTY** at **1-800-799-4889**. The Crisis Text Line is another resource available 24 hours a day, 7 days a week. Text "connect" to **741741**.