

Depression Self-Assessment

1. Do you have any first degree relatives (parent, sibling) with a history of depression?
 - Yes
 - No
2. Which of the following best describes your general mood?
 - I feel sad some of the time
 - I feel sad most of the time
 - I feel sad all of the time
3. Which of the following best describes your feeling about the future?
 - I am sometimes discouraged about the future
 - I am very discouraged about the future
 - I feel that the future is hopeless
4. Which of the following best describes your feelings about your accomplishments?
 - I sometimes feel like a failure
 - I feel like a failure more often than not
 - I feel like a failure all of the time
5. Compared to the past, do you still enjoy activities and hobbies now?
 - I don't seem to enjoy things as much as I did in the past
 - I rarely seem to enjoy things as much as I did in the past
 - I don't enjoy things the way I used to
6. Do you feel that you are a useful and needed person?
 - I sometimes feel useless and not needed
 - I feel useless most of the time
 - I feel useless all of the time
7. Do you feel happy with yourself?
 - I sometimes dislike myself
 - I mostly dislike myself
 - I hate myself

8. Do you have unexplained crying spells?
- Sometimes
 - Often
 - I cry all the time
9. Do you feel more irritable now than in the past?
- I sometimes get irritated more easily than before
 - I get irritated more frequently now
 - I am irritated all the time
10. Have you noticed any weight loss?
- Less than 5 lbs
 - 5-10 lbs
 - More than 10lbs
11. How would you describe your energy level?
- I sometimes have difficulty concentrating
 - I frequently have difficulty concentrating
 - I'm too tired to do much of anything
12. How would you describe your ability to make decisions?
- I have some trouble making decisions
 - I frequently have trouble making decisions
 - I always have trouble making decisions
13. Do you ever have thoughts of harming yourself or suicide?
- I sometimes have thoughts but would not act on them
 - I feel I'd be better off dead
 - I have a plan to commit suicide

If your answers to most questions are 2's and 3's, you are most likely experiencing some depression. It would be helpful to visit your Personal Mental Health Counselor in the Office of Student Life (in The John L. & Christine Warner Library and Student Center, room 226), call to schedule an appointment with the Personal Mental Health Counselor at 740-364-9578, or call your family physician and discuss this self-assessment.