



Depression Screening Test

Take this screening test and look for signs of depression in yourself. Read the following list and put a check mark by each sign that sounds like you:

- I am really sad most of the time.
- I don't enjoy doing the things I've always enjoyed doing.
- I don't sleep well at night and am very restless.
- I am always tired. I find it hard to get out of bed.
- I don't feel like eating much.
- I feel like eating all the time.
- I have lots of aches and pains that don't go away.
- I have little to no sexual energy.
- I find it hard to focus and am very forgetful.
- I am mad at everybody and everything.
- I feel upset and fearful, but can't figure out why.
- I don't feel like talking to people.
- I feel like there isn't much point to living, nothing good is going to happen to me.
- I don't like myself very much. I feel bad most of the time.
- I think about death a lot. I even think about how I might kill myself.

Depression is a common experience – we have all felt ‘down’ at some point in our lives. If you checked several items and these feelings or experiences persist beyond 2 weeks and interfere with your ability to manage your daily life, then you might benefit from getting an assessment by a skilled professional. Make an appointment with your GP and take this test along.

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