

DEPRESSION QUESTIONNAIRE

This questionnaire may serve as a rough guide to help determine whether the level of depression is mild or severe.

Circle the number that best describes you or the person you are evaluating. For instance, on line 1, circle number 1 if you are exhausted all the time and 5 if you are normally a high-energy person. Circle 3 if you are generally neutral, having neither high nor low energy. If you are applying this inventory to yourself, you will get a more accurate picture of your general condition if you take it when you are not reacting to a crisis. Some mild depressions are a reaction to temporary setbacks or depressing circumstances that may last for a few hours or days. It is best to wait a few hours or days after such episodes before taking the inventory because they can momentarily skew the results.

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| 1. Low energy | 1 2 3 4 5 | High energy |
| 2. Difficulty sleeping or sleep all the time | 1 2 3 4 5 | Uninterrupted sleeping patterns |
| 3. No desire to be involved in activities | 1 2 3 4 5 | Very involved in activities |
| 4. No desire for sex | 1 2 3 4 5 | Healthy sex drive |
| 5. Aches and pains | 1 2 3 4 5 | Feel great |
| 6. Loss of appetite | 1 2 3 4 5 | Enjoy eating |
| 7. Sad | 1 2 3 4 5 | Joyful |

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| 8. Despairing and hopeless | 1 2 3 4 5 | Hopeful and confident |
| 9. Irritable (low frustration tolerance) | 1 2 3 4 5 | Pleasant (high frustration tolerance) |
| 10. Withdrawn | 1 2 3 4 5 | Involved |
| 11. Mental anguish | 1 2 3 4 5 | Peace of mind |
| 12. Low sense of self-worth | 1 2 3 4 5 | High sense of self-worth |
| 13. Pessimistic (about the future) | 1 2 3 4 5 | Optimistic (about the future) |
| 14. Negative (Perceive most circumstances as negative or even harmful) | 1 2 3 4 5 | Positive (Perceive most circumstances as positive and as opportunities for growth) |
| 15. Self-destructive ("I and others would be better off if I weren't here.") | 1 2 3 4 5 | Self-preserving ("Glad I'm here.") |

Total the numbers you circled. If you score between 45-75, you are not likely to be depressed. If you score between 35-44, you are in the mildly depressed range. If you score between 25-34, you have reached the depressed level. If you score in the 15-24 range, you are severely depressed. For scores totaling 25 or below, consult a mental health professional for evaluation and assistance.