

DO I HAVE DEPRESSION?

Everyone feels down in the dumps every now and then. But for some, these feelings don't just pass or go away on their own.

When someone feels sad and the feelings get in the way of their daily activities, it is likely the person has depression and not just a case of “the blues.”

People with depression do not all experience the same symptoms. The severity, frequency and duration of symptoms vary depending on the individual.

While there is no substitute for seeking qualified medical advice from a licensed health care provider, the following quiz may give you some guidance in getting help .

In the last 2 weeks, have you experienced:

- PERSISTENT SAD, ANXIOUS OR “EMPTY” FEELINGS**
(Yes = 1) (No = 0)
- FEELINGS OF HOPELESSNESS OR PESSIMISM**
(Yes = 1) (No = 0)
- FEELINGS OF GUILT, WORTHLESSNESS OR HELPLESSNESS**
(Yes = 1) (No = 0)
- IRRITABILITY, RESTLESSNESS**
(Yes = 1) (No = 0)
- LOSS OF INTEREST IN ACTIVITIES OR HOBBIES ONCE PLEASURABLE, INCLUDING SEX**
(Yes = 1) (No = 0)
- FATIGUE AND DECREASED ENERGY**
(Yes = 1) (No = 0)
- DIFFICULTY CONCENTRATING, REMEMBERING DETAILS AND MAKING DECISIONS**
(Yes = 1) (No = 0)
- INSOMNIA, EARLY-MORNING WAKEFULNESS OR EXCESSIVE SLEEPING**
(Yes = 1) (No = 0)



- OVEREATING, OR APPETITE LOSS**
(Yes = 1) (No = 0)
- THOUGHTS OF SUICIDE, SUICIDE ATTEMPTS (IF YOU ARE HAVING SUICIDAL THOUGHTS, SEEK PROFESSIONAL HELP IMMEDIATELY!)**
(Yes = 1) (No = 0)
- ACHES OR PAINS, HEADACHES, CRAMPS, OR DIGESTIVE PROBLEMS THAT DO NOT GO AWAY EVEN WITH TREATMENT.**
(Yes = 1) (No = 0)

RESULTS

0 to 3 points

It is likely that what you feel is not major depression. Nevertheless, if you are concerned about depression it is perfectly fine to talk to your doctor or a mental health professional.

4 to 7 points

You are experiencing many symptoms of depression. You might benefit from contacting your doctor or a mental health professional.

8 to 11 points

You have noted experiencing many of the symptoms found in people with major depression. You should consult with your doctor or mental health professional as soon as possible.

If you are having suicidal thoughts, please seek professional help immediately! Most all communities have crisis hotlines that are listed in the Yellow Pages under Crisis Intervention Services. You also can call emergency response hotlines such as “911” for assistance.

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