

Are You Depressed?

Negative experiences are part of the human condition; we experience love and loss, fear and security, chaos and control, struggle and acceptance, discontentment and satisfaction – and everything in between. Periods of depression are normal, but they don't have to last too long. Take this short survey to identify how you are feeling and if it's problematic. Your answers will remain confidential, so please be honest.

Instructions:

- 1) Carefully read each statement and circle one number in each column that best describes how you feel.
- 2) Return the completed form to Misti Storie to calculate and discuss your results.

<i>Over the last 2 weeks, how often have you been bothered by any of the following problems?</i>	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
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
<i>Tally each column to determine Total Score _____ = _____ + _____ + _____</i>				

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

**This form is adapted from the Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD PHQ).*