

Depression Screening Test

For more than two weeks:

1. Do you feel sad, blue, unhappy or “down in the dumps”? YES NO
2. Do you feel tired, having little energy, unable to concentrate? YES NO
3. Do you feel uneasy, restless, or irritable? YES NO
4. Do you have trouble sleeping or eating (too little or too much) YES NO
5. Do you feel that you are not enjoying the activities that you used to? YES NO
6. Do you feel that you lost interest in sex or experiencing sexual difficulties?
 YES NO
7. Do you feel that it takes you longer than before to make decisions or unable to concentrate?
 YES NO
8. Do you feel inadequate, like a failure or that nobody likes you anymore?
 YES NO
9. Do you feel guilty without a rational reason, or put yourself down? YES NO
10. Do you feel that things always go or will go wrong no matter how hard you try?
 YES NO

Scoring Instructions: If you answered “YES” to 3 or more questions, and you have had these symptoms for at least two weeks, you may benefit from a screening interview with Dr. Sadock.

DISCLAIMER: this online Depression Screening Test is a preliminary screening test for depressive symptoms that does not replace in any way a formal psychiatric evaluation. It is designed to give a preliminary idea about the presence of mild to moderate depressive symptoms that indicate the need for an evaluation by a psychiatrist.