

DEPRESSION SELF-ASSESSMENT

National Institute of Mental Health has estimated 18 million adult Americans suffer from depression during any one-year period.

While everyone feels sad from time to time, depression is different because it tends to last longer and often begins with feelings of stress. You don't have to suffer; depression is a very common disorder and very treatable.

Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.

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| 1. I feel sad most of the time and can't snap out of it. | YES | NO |
| 2. I don't enjoy things the way I used to. | YES | NO |
| 3. I am disappointed in myself and/or feel worthless. | YES | NO |
| 4. I find it difficult to concentrate on activities or am easily distracted by my thoughts. | YES | NO |
| 5. I think about death and/or have thought about ways to end my life and end my pain. | YES | NO |
| 6. I cry more now than I used to. | YES | NO |
| 7. It takes an extra effort to get started at doing something. | YES | NO |
| 8. I have problems with sleep. | YES | NO |
| 9. I have little or no appetite at all anymore. | YES | NO |
| 10. I have lost interest in sex completely. | YES | NO |

Give each "Yes" 1 point (each "No" gets 0 points).

TOTAL SCORE: _____

SCORE:

- 0-2 *Your score indicates that you are most likely coping well with your life stressors. If you answered "yes" to item number 5, please contact Workplace Solutions immediately. For any other "yes" answers, if they persist for more than a few weeks or interfere with your daily life, consider calling Workplace Solutions for assistance.*
- 3-5 *You have some signs of stress or depression. If you have experienced these symptoms for more than two weeks, call Workplace Solutions for assistance. Even if these symptoms aren't interfering with your daily life, they can become a serious problem. Call Workplace Solutions to speak with a counselor before these symptoms become worse.*
- 6-10 *You are experiencing significant signs of depression. If you answered "yes" to item number 5, seek emergency help immediately. You don't have to suffer alone. Help is available. Contact Workplace Solutions for assistance.*

HELPFUL LINKS:

- The National Alliance for the Mentally Ill
<http://www.nami.org/>
- Depression and Bipolar Support Alliance
<http://www.dbsalliance.org/>
- Depression and Related Affective Disorders Association
<http://www.drada.org/all/general>

RECOMMENDED READING:

- *Feeling Good: The New Mood Therapy* by David Burns (1999)
- *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* by Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn (2007)