

Depression Self Assessment

“Major depression affects 9.4 million people in the United States alone in any six month period. One out of every 5 women and one in 15 men will suffer from major depression in their lifetime.”

Adapted from Understanding Depression by the National Alliance for the Mentally Ill

While everyone feels sad from time to time, depression is different because it tends to last longer and often has no recognizable outside cause. Depression is a very common disorder, but very treatable. You don't have to suffer.

Please read each statement carefully. Answer “Yes” if the statement applies to you.

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|---|-----|----|
| 1. I feel sad and/or irritable most of the time and can't snap out of it. | Yes | No |
| 2. I find myself withdrawing from my usual activities and relationships. | Yes | No |
| 3. I am disappointed in myself and/or feel worthless. | Yes | No |
| 4. I feel so down it's difficult to concentrate. | Yes | No |
| 5. I often think about death and/or have thought about ways to end my life and end my pain. | Yes | No |
| 6. I'm afraid to cry because I might not be able to stop. | Yes | No |
| 7. Sometimes I wonder if others would be better off if I weren't around any more. | Yes | No |
| 8. My sleep seems disrupted these days and I often wake up tired. | Yes | No |
| 9. I have noticed a change (more/less) in my appetite. | Yes | No |
| 10. I feel hopeless and don't see things improving. | Yes | No |

Scoring your self assessment

Yes = 1

No = 0

Total Score _____

Score:

- 0-2 Your score indicates that you are coping well with your life stressors. If you answered “yes” to number 5, please contact your EAP immediately. For any other “yes” answers, if they persist for more than a few weeks or interfere with your daily life, consider calling your EAP for assistance.
- 3-5 You have some signs of stress or depression. If you have experienced these symptoms for more than two weeks call your EAP for assistance. Even if these symptoms aren’t interfering with your daily life, they can become a serious problem. Call your EAP to schedule an appointment to speak with a counselor before these problems become worse.
- 6-10 You are experiencing significant signs of depression. If you have 6 or more signs and answered “yes” to number 5, seek emergency help immediately. For all concerns, please contact your EAP as soon as possible to schedule an appointment. You don’t have to suffer alone. There is help available and people who care about you. Contact us at 800-327-5071.

For Additional Information:

[The National Alliance for the Mentally Ill](#)

[Depression and Bipolar Support Alliance](#)

[Depression and Related Affective Disorders Association](#)

Burns, David. [Feeling Good: The New Mood Therapy](#). Avon Books: NY.

Greenberger, David & Padesky, Christine. [Mind Over Mood: Change How You Feel by Changing the Way You Think](#). The Guilford Press: NY.