

Take this simple questionnaire to find out if you have depression

Depression screening questionnaires are completed to help detect depression. They are often given by physicians or mental health professionals. There are no right or wrong answers to the questions provided below. To take the questionnaire print it out and answer all of the questions. Next, add up your score. A positive score of 16 or more may indicate that you are suffering from depression and you should consult your physician or mental health professional.

Name: _____

Below is a list of the ways you might have felt or behaved. Please mark how often you have felt this way during the past month.

Questions	During the past week			
	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me				
2. I did not feel like eating; my appetite was poor				
3. I felt that I could not shake off the blues even with help from my family or friends				
4. I felt I was just as good as other people				
5. I had trouble keeping my mind on what I was doing				
6. I felt depressed				
7. I felt that everything I did was an effort				
8. I felt hopeful about the future				
9. I thought my life had been a failure				
10. I felt fearful				
11. My sleep was restless				
12. I was happy				
13. I talked less than usual				
14. I felt lonely				
15. People were unfriendly				
16. I enjoyed life				
17. I had crying spells				
18. I felt sad				
19. I felt that people dislike me				
20. I could not "get going"				

For Physician Use: Scoring:

Scoring:	(Less than 1 day)	(1 – 2 days)	(3 – 4 days)	(5 – 7 days)
Questions 4,8,12 and 16	3	2	1	0
All other questions	0	1	2	3

The score is the sum of the 20 questions. Possible range is 0 – 60. If more than four questions are missing answers, do not score the CES-D questionnaire. A score of 16 points or more is considered depressed.