

This tool is intended to help you begin to explore whether the feelings, thoughts or behaviors you may be experiencing could be depression. It is not intended to take the place of a professional evaluation or to serve as a diagnosis. After completing and scoring this questionnaire, please share the results with a doctor.

Select the best answer for each of the questions below and refer to the guidelines on the next page for scoring and interpreting your results.

Over the last 2 weeks, how often have you been bothered by any of the following problems (circle your answer from the choices at right):

	Not at all	Several days	More than half the days	Nearly every day
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	0	1	2	3

Add columns:

+	+
Total:	

If you checked off any problems, how difficult have these 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 _____

What does my score mean?

1-9 points= Low depression severity range

Your score falls into the low range, which means you're doing quite well. You can find some useful tips to maintaining your mental health under the "I want to stay mentally healthy" section of the Toolkit.

10-14 points= Medium depression severity range

Your score falls into the moderate range, which means you may be experiencing mild depression. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your depression symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

15-27 points= High depression severity range

Your score falls into the high range, which means you may be experiencing depression. We strongly recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your depression symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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