## Depression Test

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| **Depression Test** |
| Please read the following questions and circle the number that corresponds with the degree that applies closest to your mood in the last two weeks. |
|   | **Often** | **Sometimes** | **Very Little** | **Not at all** |
| Are you obsessing about your problems? | 3 | 2 | 1 | 0 |
| Do you feel like you are more exposed than you usually are? | 3 | 2 | 1 | 0 |
| Are you being overly critical of yourself? | 3 | 2 | 1 | 0 |
| Do you have a lot of guilt? | 3 | 2 | 1 | 0 |
| Are you unable to find anything to better your mood? | 3 | 2 | 1 | 0 |
| Do you feel empty? | 3 | 2 | 1 | 0 |
| Do you feel depressed? | 3 | 2 | 1 | 0 |
| Do you feel unimportant? | 3 | 2 | 1 | 0 |
| Do you feel like you are unable to be helped? | 3 | 2 | 1 | 0 |
| Do you want to distance yourself from others? | 3 | 2 | 1 | 0 |
| Do you feel helpless? | 3 | 2 | 1 | 0 |
| **\* \* \* Results \* \* \*** |
| **9 Points or Less:** |
|  All indications say that you are probably not depressed. If you start feeling like you are depressed or having anxiety, don't hesitate to go to your doctor! |
| **9 Points and more:**  |
| You may be depressed, or having issues with anxiety. Don’t worry, everyone at some point deals with depression! The good news is you don’t have to live with it! Go see your doctor, get some help and advice!! |
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| Please note this is not written by a medical professional, and is not a substitute for seeing a physician.  |