

The depression – self-assessment

The self-assessment questionnaire for depression below (Sagar V. Parikh, M.D., FRCPC) can help you in the early detection of depression.

Answer the following questions with regard to the last 2 weeks. If you answer **YES** to five or more questions, show this self-assessment to your doctor or therapist. This assessment alone is not enough to determine whether or not you have depression, but can help to define.

		yes	no
1	Are you sad, dejected or melancholy most of the time?		
2	Have you lost interest in or stopped taking pleasure in activities that you used to enjoy?		
3	Are you tired or lacklustre most of the time?		
4	Do you have difficulties sleeping or do you sleep too much?		
5	Do you have difficulties concentrating or making decisions?		
6	Has your appetite or weight changed?		
7	Do you feel guilty or useless?		
8	Have you been gripped by fear or panic for no apparent reason?		
9	Are you restless and do you have difficulties staying in one place?		
10	Do you feel anxious or worried?		
11	Do you feel that you cannot go on like this? Do you think about death or dying?		
Total			

