

Quiz: Are You Depressed?

Below is a list of problems and complaints that most people have from time to time. Read the list and rate each item based on how much discomfort that problem has caused for you in the past week, including today. Use this following scale of 0 to 4. **0** = Not at all, **1** = A little bit, **2** = Moderately, **3** = Quite a bit, **4** = Extremely

- Loss of sexual interest or pleasure _____
- Feeling low in energy or slowed down _____
- Thoughts of ending your life _____
- Crying easily _____
- Feelings of being trapped or caught _____
- Blaming yourself for things _____
- Feeling lonely _____
- Feeling blue _____
- Worrying too much about things _____
- Feeling no interest in things _____
- Feeling hopeless about the future _____
- Feeling everything is an effort _____
- Feeling worthless _____

Total: _____

Find your score by dividing the total by 13: _____

If your score is higher than 1.5, you may be depressed. If you find this mood persists for more than two weeks or so, talk to your doctor or a mental health counselor about your symptoms. (Source: *Symptom Checklist 90*, by Leonard R. Derogatis.)