

Depression Screening Test

Use this brief 18-question online automated quiz to help you determine if you may need to see a mental health professional for diagnosis and treatment of depression, or for tracking your depression on a regular basis.



Instructions: *You can print this scale out and use it on a weekly basis to track your moods. It also might be used to show your doctor, psychiatrist, or therapist how your symptoms have changed from one visit to the next. Changes of **five or more points** are significant. This scale is not designed to make a diagnosis of depression or take the place of a professional diagnosis. If you suspect that you are depressed, please consult with a mental health professional as soon as possible.*

*Answer each of the 18 items below about how you have felt and behaved **during the past week**. Be honest for the most accurate result.*



1. I do things slowly.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. My future seems hopeless.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. It is hard for me to concentrate on reading.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. The pleasure and joy has gone out of my life.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I have difficulty making decisions.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I have lost interest in aspects of life that used to be important to me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I feel sad, blue, and unhappy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. I am agitated and keep moving around.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I feel fatigued.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. It takes great effort for me to do simple things.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I feel that I am a guilty person who deserves to be punished.

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

12. I feel like a failure.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I feel lifeless -- more dead than alive.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. My sleep has been disturbed -- too little, too much, or broken sleep.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. I spend time thinking about *HOW* I might kill myself.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I feel trapped or caught.

- Not at all
- Just a little
- Somewhat

- Moderately
- Quite a lot
- Very much

17. I feel depressed even when good things happen to me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

18. Without trying to diet, I have lost, or gained, weight.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much