

Are You Depressed?

Take this simple quiz to find out if you are depressed. For each question, consider how you have felt for at least two weeks and give yourself points as follows:

- 0 – no, not at all.
- 1 – not much
- 2 – sometimes
- 3 – yes, definitely

	Score
1. I feel sad and lonely	_____
2. I can't concentrate	_____
3. My appetite or weight has changed	_____
4. I have frequent crying spells	_____
5. I am restless	_____
6. I've lost interest in doing things	_____
7. I have no energy	_____
8. People annoy and irritate me	_____
9. I have insomnia	_____
10. I think about committing suicide	_____
TOTAL	_____

How to score the quiz – add up your numbers for all 10 questions. If your score is 12 or higher, you need to seek a professional evaluation for depression. Even if you do not score that high, and still suspect you are depressed, seek professional help. Depression is not a sign of weakness. It is a disorder that responds very well to various treatment programs. Seeking help is the first step toward recovery and feeling better.

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