



Depression Self-Assessment Tool

This self-assessment tool can be used to help you begin to think about how you have been feeling. Please be honest with yourself as you review and answer the questions. In order to get the help that you want, it must begin with an honest review of what is really happening.

Please read each question and select the answer that best describes how you feel:

1. I feel miserable and sad.
 No Sometimes Often
2. I find it hard to do the things I used to do.
 No Sometimes Often
3. I get frightened or panicky for no apparent reason.
 No Sometimes Often
4. I have weeping spells, or feel like it.
 No Sometimes Often
5. I still enjoy the things I used to.
 No Sometimes Often
6. I am restless and can't keep still.
 No Sometimes Often
7. I can't sleep without sleeping tablets.
 No Sometimes Often
8. I feel anxious when I go out of the house on my own.
 No Sometimes Often
9. I have lost interest in things.
 No Sometimes Often
10. I get tired for no reason.
 No Sometimes Often

11. I am more irritable than usual.
 No Sometimes Often
12. I wake early and then sleep badly for the rest of the night.
 No Sometimes Often

SCORING KEY- No=0, Sometimes=1, Often=2

If you scored 11 or more points, depression may be a problem for you. For a confidential assessment, call Joyce McLeod Henley at (314) 239-7800. We can help you determine if depression is a problem in your life.