Depression Checklist

This checklist is provided only as a tool to help you talk with your doctor or treatment provider about your concerns and develop an action plan for successful recovery. If you check ten or more of these, it is recommended that you seek professional help from your doctor or therapist.

Over the last two weeks, have you been bothered by several or more of the following?

- I feel sad.
- I feel like crying a lot.
- I feel alone.
- □ I feel sad and "empty" inside.
- □ I don't have confidence in myself.
- □ I don't like myself anymore.
- □ I feel mad, like I could just explode!
- I feel guilty.
- I can't concentrate.
- □ I have a hard time remembering things.
- □ I don't want to make decisions it's too much work.
- □ I feel like I'm in a fog or dazed
- □ I'm so tired, no matter how much I sleep.
- □ I'm frustrated with everything and everybody.
- □ I don't have fun anymore.
- I feel helpless.
- □ I'm always getting into trouble.
- □ I'm restless and jittery. I can't sit still.
- I feel nervous.
- □ I feel disorganized, like my head is spinning.
- I can't think straight. My brain doesn't seem to work.
- I feel ugly.



- □ I feel my life has no direction.
- □ I have lost all my dreams and ambitions
- Little interest or pleasure in doing activities
- I don't feel like talking anymore I just don't have anything to say.
- □ I feel life isn't worth living.
- □ I consume alcohol/take drugs regularly.
- My whole body feels slowed down my speech, my walk, and my movements.
- □ I don't want to go out with friends anymore.
- □ I don't feel like taking care of my appearance.
- Occasionally, my heart pounds, I can't catch my breath, and I feel tingly.
- Sometimes I feel like I'm losing it.
- □ I feel "different" from everyone else.
- □ I smile, but inside I'm miserable.
- I have difficulty falling asleep or I awaken between
 1 A.M. and 5 A.M. and then I can't get back to sleep.
- ☐ My appetite has diminished food tastes so bland.
- My appetite has increased I feel I could eat all the time.
- ☐ My weight has increased/decreased.
- I have headaches.
- I have stomachaches.



