

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.