

DEPRESSION QUESTIONNAIRE

The first step in overcoming depression is recognizing the symptoms. Please put the number of the response that best represents the way you have felt during the last 2 weeks. Then total your score.	None or a little of the time 1	Some of the time 2	Good part of the time 3	Most or all of the time 4
1. I feel sad				
2. My life is pretty empty				
3. I am getting too little or too much sleep				
4. I eat more or less than I used to				
5. I don't feel useful and needed				
6. I am more moody than usual				
7. I get tired for no reason				
8. I have difficulty concentrating, remembering things, or making decisions				
9. I feel restless and irritable				
10. I don't feel hopeful about the future				
11. I have trouble with constipation				
12. I don't enjoy the things I used to do				
13. I have crying spells or feel like crying				
14. I have thoughts of suicide or death				
15. I notice that I am losing weight				
16. I have headaches or stomach aches for no physical reason				
17. I feel more interested in being alone				
18. I feel like cutting classes/work or dropping out of activities of hobbies				
19. I drink and/or take drugs more now to relax than I used to				
TOTAL				

Score	Recommendations
Below 38	Within normal range
38-47	May be depressed. Consider calling Palmetto EAP, another mental health professional, or a family physician
48 and above	You need to be assessed by a professional for depression. Recommend calling Palmetto EAP, another mental health professional, or a family physician

If you are having thoughts of hurting yourself,
Call Palmetto EAP, call 911 or go directly to the nearest emergency room.

The Palmetto EAP Consultant can be reached at
(803) 581-7327
(Available 24-7)