***Depression Checklist***

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| **feelings** |
| [ ]  | Feeling sad or down |
| [ ]  | Feeling unhappy |
| [ ]  | Crying spells or tearfulness |
| [ ]  | Feeling discouraged |
| [ ]  | Feeling hopeless |
| [ ]  | Low or no self-esteem |
| [ ]  | Feeling inadequate or worthless |
| [ ]  | Feeling guilty or shameful |
| [ ]  | Blaming others |
| [ ]  | Criticizing yourself |
| [ ]  | Difficulty making decisions |
| **Personal relationships and activities** |
| [ ]  | Loss of interest in family, friends or colleagues |
| [ ]  | Feeling lonely |
| [ ]  | Spending less time with friends and family |
| [ ]  | Loss of motivation |
| [ ]  | Loss of interest in work or other activities |
| [ ]  | Avoiding work |
| [ ]  | Loss of pleasure or satisfaction in life |
| [ ]  | Feeling fatigued |
| [ ]  | Problems sleeping or sleeping too much |
| [ ]  | Increased or decreased appetite |
| [ ]  | Loss of interest in sex |
| [ ]  | Concern about personal health |
| **suicidal thoughts or urges** |
| [ ]  | Have suicidal thoughts? |
| [ ]  | Do you want to end your life? |
| [ ]  | Do you have a plan to harm yourself? |
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