



DEPRESSION SCREENING

Below is a brief simple screening tool of symptoms commonly associated with depression. It is not a substitute for an evaluation by a trained mental health professional and is presented here as a way for you to gauge yourself by answering some basic questions. Answer the following questions with a simple “yes” or “no” and then consider the paragraph that follows.

1. I often feel sad or down hearted and don't know why.
2. I frequently have trouble falling or staying asleep through the night.
3. At times I don't have that much energy and feel pretty lazy.
4. I have trouble getting out of bed in the morning.
5. Lately I have found myself preferring to be left alone and to avoid social contacts.
6. I don't enjoy some of the activities that I once found pleasurable.
7. Sometimes I think it would be easier if I weren't alive or I think about hurting myself.
8. I either eat more than I should and have gained some weight or I don't have much of an appetite and have lost some weight.
9. I frequently think I'm worthless and have little hope that things will get better.
10. I have difficulty concentrating.
11. Sometimes I can be irritable and may over react to minor frustrations.
12. Friends and family have told me they're concerned about how I'm doing.

If you answered “yes” to 5 or more of these questions Associates in Employee Assistance would encourage you to call for an appointment with an EAP counselor. If you answered “yes” to 5 or 6 of these questions you may have some mild depression. If you answered “yes” to 6 or 7 of these questions your level of depression may be moderate. If you answered “yes” to 7 or more of these questions your level of depression may be severe.