

## Mind For Life Wakefield Questionnaire for Depression

When it comes to taking a Depression Quiz, one of the most widely used and well known of versions must be the Wakefield Questionnaire. Taking the quiz is a good way in which to evaluate mental health although results are not irrefutable. In many cases, those who do not score highly on the test are nevertheless still suffering from symptoms of depression. The questionnaire contains groups of statements. Carefully read each group of statements; then circle the number in front of the statement that best describes how you are feeling **at present**, not how you have felt in the past or may possibly feel in future.

Reference No. or Name: ..... Date: .....

1. I feel miserable and sad.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

2. I find it easy to do the things I used to do.

- (0) Yes, definitely
- (1) Yes, sometimes
- (2) No, not much
- (3) No, not at all

3. I get very frightened or panicky-feeling for no apparent reason at all.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

4. I have weeping spells, or feel like it.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

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5. I still enjoy the things I used to.

- (0) Yes, definitely
- (1) Yes, sometimes
- (2) No, not much
- (3) No, not at all

6. I am restless and can't keep still.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

7. I get off to sleep restfully without sleeping tablets.

- (0) Yes, definitely
- (1) Yes, sometimes
- (2) No, not much
- (3) No, not at all

8. I feel anxious when I go out of the house on my own.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

9. I have lost interest in things.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

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10. I get tired for no reason.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

11. I am more irritable than usual.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

12. I wake early and then sleep badly for the rest of the night.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

Scoring:

Add up the numbers in brackets for each option you have circled.

A score of 15 or higher is an indication that you may be suffering from depression and should seek proper diagnosis and treatment. If you do not score highly on the quiz, but nevertheless think you may be suffering from depression, it may be an idea to repeat the quiz in a week or two. If you score the same or any higher it is advisable that you contact your health care practitioner to arrange for a proper screening.