

Depression Self-Assessment

	A little of the time	Some of the time	Good part of the time	Most of the time
1. I feel down-hearted and blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Morning is when I feel the best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have crying spells or feel like it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have trouble sleeping at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I eat as much as I used to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I still enjoy sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I notice that I am losing weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have trouble with constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. My heart beats faster than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I get tired for no reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My mind is as clear as it used to be	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I find it easy to do the things I used to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I am restless and can't keep still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I feel hopeful about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am more irritable than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I find it easy to make decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I feel that I am useful and needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. My life is pretty full	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I feel that others would be better off if I were dead	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I still enjoy the things I used to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>