



Depression Quiz

To take this quiz, add a point value to each question, according to how you've felt during the past week.

	One Week Tally 0-rarely or less than one a day 1- some of the time (1 or 2 days) 2-occasionally (3 or 4 days) 3-most of the time (5-7 days)
I had little interest in life	
I was bothered by things that don't usually bother me.	
I did not feel like eating –poor appetite	
I had trouble keeping my mind on what I was doing	
I felt I could not shake the blues even with the help of my family and friends	
I felt that everything I did was an effort	
My sleep was restless or I couldn't sleep	
I could not get going in the morning	
I felt fearful	
I talked less than usual	
TOTAL	

You can put a hash mark by a statement when you identify with a line on this quiz. At the end of the week you can tally your answers. If your total answers totaled higher than 20, you are heading in the wrong direction and there are indications that you have some emotional turmoil going on.

If you answered 20 or above you obviously need a safe place to talk and/or work through some past hurts. Don't avoid help as you will continue to go downhill if you do not address what is going on internally.

If you answered 29 or above, you definitely need to seek professional therapy to determine the cause of your depression.

This is not a validated test, but simply a quiz.

Only professional testing will reveal an accurate depression evaluation
