

Depression Self-Assessment

Check all the statements that apply to you.

- 1. I have little interest in doing anything.
- 2. I feel depressed.
- 3. I cry a lot.
- 4. I sleep a lot.
- 5. I have trouble falling asleep.
- 6. I wake up during the night.
- 7. Nothing is going to work out for me.
- 8. I feel tired a lot.
- 9. I don't complete tasks.
- 10. I don't eat like I used to.
- 11. I'm never hungry.
- 12. I have made a lot of mistakes.
- 13. I drink alcohol to cope with problems.
- 14. Things that I used to enjoy I don't enjoy anymore.
- 15. I eat a lot.
- 16. Sometimes I think my life is worthless.
- 17. I keep failing.
- 18. Most of the time, I have no energy.
- 19. I have too many problems.
- 20. Most of the time, I feel sad and I can't snap out of it.
- 21. I have trouble following conversations.
- 22. I have difficulty concentrating.
- 23. I am easily irritated.
- 24. I worry more than I used to.
- 25. I would rather stay in bed all day.
- 26. I let my family down.
- 27. I would be better off dead.
- 28. In the past months, I have gained a lot of weight.
- 29. In the past months, I have lost a lot of weight.
- 30. I have nothing to look forward to.

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