

Depression Severity Assessment

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

How to Score Your Self-Assessment

Assign a number to each of your responses as follows:

Not at all:	0
Several days:	1
More than half the days:	2
Nearly every day:	3

As you tally your total for all questions:

- Score of 1 to 5 could indicate mild depression
- Score of 6 to 10 suggests moderate depression
- Score of 11 to 15 indicates moderately severe depression
- Score of 16 to 21 is a sign of severe depression

If you scored from 11 to 21, we encourage you to contact us or another behavioral health professional.