



The Depression Survey

Everybody has their “down days”, days of feeling sad and unmotivated to do fun things or spend time with loved ones. However, if this mood has lasted for longer than normal and is interfering with your life, you may have depression. Please consider each question and answer ‘yes’ or ‘no’.

Questions	Yes	No
Do you have little interest or pleasure in activities, such as reading books, watching television or talking to friends?		
Do you feel sad, helpless or ‘blue’?		
Have your sleeping patterns changed (for example: sleeping too much or too little)?		
Have your eating habits changed (for example: eating too much or too little)?		
Do you feel like a failure, like you have let your loved ones down?		
Do you have trouble concentrating on tasks (for example: distracted when watching television or reading the news)?		
Have any of these things affected your daily life, such as your ability to take care of things at home, your work, your relationships, or other important areas of your life?		
Have you stopped doing things you used to do for self-care or for pleasure (for example: exercise, visit friends, get regular haircuts, engage in a hobby)?		

Please note: This is **not a formal diagnostic tool** but can be a useful conversation starter with your doctor or therapist. Feel free to print this out and bring it to your next appointment.