

DEPRESSION QUESTIONNAIRE

Depression is a major issue in modern societies. It is likely to affect people at some point in their life. Depression is a mood disorder that can be chronic (persisting and long-lasting) or acute (severe and intense). There are many different levels and category of depression, for a proper diagnosis, please see your GP. But if you suspect that you might be suffering from depression and want an indicative insight, please, complete the questionnaires below. Please, note that this questionnaire is not a replacement of any qualified medical or psychiatric evaluation. This resource is an indicator of the therapeutic services only.

Over the course of a week, how often have you experienced the following problems?		Not at all	For several days	More than half the days	Nearly everyday
1	Slow to do things. Slow movement. Slow talking.	0	1	2	3
2	Feel hopeless. Devoid of hope, having no expecting that thing will change.	0	1	2	3
3	Feeling helpless or powerless to change things or situation.	0	1	2	3
4	Feeling tired, lethargic, or having little energy.	0	1	2	3
5	Find it hard to concentrate or focus on anything.	0	1	2	3
6	Feel angry inside, anger turned inward at the self.	0	1	2	3
7	Cannot enjoy things, unable to feel joy, excitement.	0	1	2	3
8	Feeling low energy, lethargic, continuously feel fatigued.	0	1	2	3
9	Have difficult making decisions.	0	1	2	3
10	Loss of interests, lack of will (volition).	0	1	2	3
11	Generally feels bad, sad, or unhappy.	0	1	2	3
12	Loss of appetite or changes in weight.	0	1	2	3
13	Unable to sleep, suffering insomnia because the mind cannot rest.	0	1	2	3

14	Feeling angry, irritable, frustrated, restless and listless.	0	1	2	3
15	Feeling overwhelmed with one's emotions.	0	1	2	3
16	Feel worthless, unworthy, guilty or ashamed.	0	1	2	3
17	Have unexplained aches and pains in the body.	0	1	2	3
18	Highly self-critical, verbally abusing oneself, or a harsh inner voice.	0	1	2	3
19	Have suicidal thoughts, but no plan to act the out.	0	1	2	3
20	Actively participating in self-defeating behaviours such as self-harming, cutting, hair pulling etc.	0	1	2	3
Total Score:					

Add up the scores in each column. If your answer is mostly in the column in the far-right, 'Nearly every day,' it is advisable that you seek a professional intervention to help you manage your feeling, emotions and thoughts. Talking therapy, counselling or psychotherapy are highly effective to help you explore some of the underlying psychological causes to the problems.

For more details about how I can help you. Please complete the contact form or give me a call.