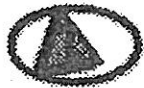


Depression.com



Quiz: Are You Depressed?

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This quick, simple self-test can help distinguish between clinical depression and normal feelings of being "down in the dumps..."

It's common to get "the blues" from time to time. Many people experience difficulties over job lay-offs, divorce, the death of a loved one, or other major losses. Sadness is a normal part of life. But when sadness never returns to gladness, it becomes what mental health authorities call the nation's leading psychological problem, clinical depression, also known as major depression.

How have you felt during the last week? Score each question numerically then add up your score:

- 0 points -- "not at all"
- 1 point -- "a little"
- 2 points -- "moderately"
- 3 points -- "very much"

1. Have you been feeling sad or down in the dumps?
2. Does the future look hopeless?
3. Do you feel worthless, or a failure?
4. Do you feel inadequate or inferior to others?
5. When things go wrong, do you criticize and blame yourself?
6. Do you have trouble making up your mind?
7. Have you been feeling resentful and angry a lot lately?
8. Have you lost interest in your job, hobbies, family, or friends?
9. Do you feel overwhelmed, and find you have to push yourself hard to get things done?
10. Do you think you look old or unattractive?
11. Have you lost your appetite, or engaged in binge eating?
12. Do you have trouble sleeping? Or trouble getting out of bed?
13. Have you lost interest in sex?
14. Do you worry a great deal about your health?
15. Do you ever think life isn't worth living, or that you might be better off dead?

Scoring:

0-4: Normal ups and downs
5-10: Borderline depression

11-20: Mild depression
21-30: Moderate depression.*
31-45: Severe depression.*

*Seek professional help now.