

## **DEPRESSION SELF-TEST**

### DIRECTIONS:

Answer the questions below to find out your potential for depression:

	YES	NO
1. I feel downhearted, blue and sad mostly every day.		
2. I don't enjoy the things that I used to do.		
3. I feel others, or I would be better off if I were dead.		
4. I feel that I am not useful or needed.		
5. I notice that I am losing or gaining weight.		
6. I have trouble sleeping through the night or staying awake during the day.		
7. I am restless and can't keep still and often feel irritable.		
8. My mind isn't as clear as it used to be.		
9. I get tired for no reason.		
10. I feel hopeless about the future.		

### **ANSWERS**

\* If you answered "Yes" to at least five questions, and you answered "Yes" to Questions 1 or 2, AND these symptoms have persisted for at least two weeks, you may be suffering from serious depression.

\* If you answered "Yes" to Question 3 - regardless of how you answered the other questions - you should seek help immediately.

\* If you suspect a friend or loved one is depressed, give this questionnaire to him or her.



*For additional information contact:*

**Broward County Public Schools  
Employee Assistance Program  
754-322-9900**

***The above Self-Test is adapted from the Zung Self-Rating Depression Scale©.***