

Depression Questionnaire

Are you wondering if you're experiencing depressive symptoms? Find out below.



Overview & Instructions

Over 16 million Americans are affected by depression every year, and more than 50% of those individuals never receive treatment, making depression one of the most prevalent mental health concerns in America.

We're here to help, and we've provided you with the following questionnaire you can use to gain insights into your own depressive symptoms.

To take the questionnaire and obtain your results:

- Answer each question by circling the number that corresponds with the frequency of your symptoms.
- Once you've answered all the questions, add up the numbers you circled to obtain your total score.
- Answer the follow-up question.
- Use the scoring interpretation sheet on the following page to obtain insights into the severity of your symptoms and learn about actions you can take to help alleviate those symptoms.

Start The Questionnaire

Over the **last 2 weeks** how often have you been bothered by any of the following problems?
(Circle each 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 others 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 hurting yourself in some way	0	1	2	3

Add up your circled answers for all questions to obtain your total score.

Total Score: _____

Follow-up question: If you circled any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

Scoring Interpretation

Use the chart below to assess your score with its associated depression severity and learn proposed actions to help with your symptoms.

Score	Depression Severity	Proposed Action
0 - 4	None to Minimal Depression	You are experiencing none to minimal feelings of depression. Continue doing things that keep you feeling a sense of well-being in life.
5 - 9	Mild Depression	You are experiencing mild feelings of depression. What are some activities you can do to help you feel an increased sense of well-being in your life? Write a list, then schedule time each day to do some of the things you know support your mood and sense of well-being.
10 - 14	Moderate Depression	You are experiencing a moderate level of feelings of depression. What are some activities you can do to help you feel an increased sense of well-being in your life? Write a list, then schedule time each day to do some of the things you know support your mood and sense of well-being. Consider scheduling an appointment with your primary care provider and/or mental health provider to discuss your experience with depression and find solutions. There is relief available.
15 - 19	Moderately Severe Depression	You are experiencing moderately severe feelings of depression, which is impacting your well-being. What are some activities you can do to help you feel an increased sense of well-being in your life? Write a list, then schedule time each day to do some of the things you know support your mood and sense of well-being. It is recommended that you schedule an appointment with your primary care provider and/or mental health provider to discuss your experience with depression and find solutions. There is relief available.
20 - 27	Severe Depression	You are experiencing severe feelings of depression which are impacting your well-being. There is relief available. What are some activities you can do to help you feel an increased sense of well-being in your life? Write a list, then schedule time each day to do some of the things you know support your mood and sense of well-being. It is strongly recommended that you schedule an appointment with your primary care provider and/or mental health provider to discuss your experience with depression and find solutions.

If you answered anything besides 0 on question #9: You answered that you have been having thoughts that you would be better off dead or hurting yourself. Please reach out for help. Contact someone you trust about your thoughts and feelings. If you are a Blunovus member, don't hesitate to call or text the Care Center (accessible through the Blunovus App) to receive 24/7 support. Talking with someone about your thoughts and feelings can save your life.

If you are thinking about suicide, call the National Suicide Prevention Lifeline at 1-800-273-TALK(8255) any time, day or night, to speak with a trained counselor. It's free and confidential.

If you are in immediate risk of suicide or harming yourself, call 911 or go to your nearest emergency room.

If you answered "very difficult" or "extremely difficult" on the follow-up question : It is strongly recommended that you schedule an appointment with your primary care provider and/or mental health provider to discuss your experience with depression and receive support.

Disclaimer: This questionnaire is for self-inquiry and is not a diagnostic tool nor a replacement for professional assessment and treatment.

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