

DEPRESSION SELF-SCREENER

Please note that this form is not a formal diagnostic tool or substitute for medical advice. Only a healthcare professional can diagnose and treat depression.

Sharing the results of this screener with your healthcare professional can help him or her to further evaluate your symptoms to determine if you have depression and to develop a treatment plan for you.

MDD Self-Screener^{1,2}

- I have trouble falling or staying asleep
- I sleep for 10 or more hours some nights
- I feel sad a lot of the time.
- I don't have much of an appetite and eat less than usual.
- I eat more frequently and overeat more than usual.
- My weight has either decreased or increased by more than 2 pounds in the past 2 weeks.
- I have trouble concentrating and making decisions.
- I believe I cause problems for others.
- I have frequent thoughts of suicide or death.*
- I have less interest in people or activities that I usually enjoy.
- My energy level and thinking speed have slowed down.

Adapted from Quick Inventory of Depressive Symptomatology—Self Report (QIDS-SRI), 2009.

*If you or someone you know is having suicidal thoughts, talk to someone who can help. Call your doctor or 1-800-273-TALK (8255).

References: **1.** American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. Washington, DC: American Psychiatric Association; 2013. **2.** Quick Inventory of Depressive Symptomatology—Self Report (QIDS-SR). <http://counselingresource.com/quizzes/qids-depression/index.html>. Accessed July 1, 2022.