

Depression Quiz - Adolescent

Everyone feels sad or down from time to time. Depression is more than sadness. It is a mood disorder that can cause problems in your day to day life, low energy, tearfulness, sleeping problems, changes in your appetite, and sometimes thoughts of suicide. Many people experience depression, and there is help available. People with depression can feel better and live full, active lives.

This interactive quiz can screen for possible depression symptoms in adolescents age 11 to 17. For each question below, choose one option (Not at all, Several days, More than half the days, or Nearly every day).

Over the last 2 weeks, you have been bothered by any of the following problems:	Not at all	Several days	More than half the days	Nearly every day
1 Little interest or pleasure in doing things	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
2 Feeling down, depressed, irritable, or hopeless	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
3 Trouble falling or staying asleep, or sleeping too much	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
4 Feeling tired or having little energy	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
5 Poor appetite, weight loss, or overeating	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
6 Feeling bad about yourself- or that you are a failure or have let yourself or your family down	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
7 Trouble concentrating on things, such as school work, reading, or watching television	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
8 Moving or speaking so slowly that other people could have noticed. Or the opposite- being so fidgety or restless that you have been moving around a lot more than usual	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
9 Thoughts that you would be better off dead or of hurting yourself in some way	<input type="radio"/> (0)	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
Add up your score from each column. Then add those columns together to get your total score.	0 + _____ + _____ + _____ = Total Score _____			



**BlueCross
BlueShield**
Arizona

An Independent Licensee of the Blue Cross Blue Shield Association

**Health
Choice**

Depression Quiz - Adolescent

Results:

Score of 0-9:

Your answers indicate that you/your child does not have symptoms of depression, or you/your child has mild symptoms at this time. However, this is only a brief screen and does not review a full history. If you/your child are feeling depressed, we still recommend a complete assessment by a behavioral health professional. Health Choice can connect you with a behavioral health professional for a complete assessment and treatment recommendations. Please call us at [1-800-322-8670](tel:1-800-322-8670).

Score of 10 or More:

Your answers tell us that you/your child could benefit from a full assessment by a behavioral health professional. You/your child appear to have some symptoms of depression. Health Choice can connect you with a behavioral health professional for a complete assessment and treatment recommendations. Please call us at [1-800-322-8670](tel:1-800-322-8670).

source: Johnson JG, Harris ES, Spitzer RL, Williams JBW: The Patient Health Questionnaire for Adolescents: Validation of an instrument for the assessment of mental disorders among adolescent primary care patients. J Adolescent Health 30:196-204, 2002.