

Depression Quiz

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. 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, 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 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 reading the newspaper 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 _____			



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Results:

Score of 0-9:

Your answers indicate that you do not have symptoms of depression, or you have mild symptoms at this time. However, this is only a brief screen and does not review your full history. If you 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 could benefit from a full assessment by a behavioral health professional. You 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: Kroenke, K., Spitzer, R., & Williams, J. (2001). The PHQ-9 validity of a brief depression severity measure. J GEN INTERN MED, 16, 606-613.



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