

Depression Self-Assessment

If you think you might be depressed, consider answering the following questions and sharing them with your therapist.

What do you feel like when you are depressed? Do you feel helpless or sorry for yourself? Do you feel guilty or worthless, sad or empty?

When pleasant things happen, can you enjoy them? Does your depression lift?

Is your depression usually worse at certain times of day? Is it worse in the morning?

Do you feel physically either very slowed down or agitated?

Is there a history of depression in your family? Is there anyone in your family who is either manic or bipolar (manic-depressive)? If so, what is their relationship to you?

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Have you ever had a previous episode of depression or mania? If so, when and how long did it last? What brought you out of it?

Have you ever taken anti-depressant medication? If so, which one(s) and what was your response? Were they effective? Have you ever tried to self-medicate in other ways? If so, what did you try?

Have you recently experienced a loss or trauma?

How is your sleep? Do you have difficulty falling asleep? Do you wake up early in the morning? Do you sleep too much?

Have you gained or lost weight in the last two months? How much? Have you been trying to gain or lose weight?
