

Depression Quiz

Please Note: This quiz is intended to be an initial screening. It does not replace a visit to a qualified mental health professional. In most states, only a clinically licensed professional can diagnose depression. You can print out this page and share your results with a healthcare professional to help you talk about how you're feeling.

Directions: Make sure your answer describes your current feelings, not how you used to feel, or how you hope to feel. *This test is solely for educational purposes. It is not meant to diagnose or treat any mental health condition.*

1. I feel sad, blue, and unhappy most days.
True Undecided False

2. Activities I used to enjoy don't really interest me.
True Undecided False

3. Friends and family seem to "walk on eggshells" around me.
True Undecided False

4. My future seems hopeless.
True Undecided False

5. I have a hard time concentrating on simple things.
True Undecided False

6. The pleasure and joy has gone out of my life.
True Undecided False

7. I can't seem to make decisions – even simple ones.
True Undecided False

8. I have lost interest in things that used to be important to me.
True Undecided False
9. I am agitated and restless; I pace around a lot.
True Undecided False
10. It's an effort to do simple things.
True Undecided False
11. I feel I deserve to be punished.
True Undecided False
12. I think about how I will kill myself.
True Undecided False
13. I don't sleep well – either too much, too little, or I'm up through the night.
True Undecided False
14. I have missed work because I can't get out of bed in the morning.
True Undecided False
15. I've snapped at people and been crabby for no reason.
True Undecided False

Scoring: If you answered "True" to any of these questions, talk to a qualified mental health professional to discuss your answers. Visit www.northshorewellness.com and click on "Find a Therapist" for help getting started.