

Depression

Self-Rating Scale of Depression

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"Understanding Depression - A complete guide to diagnoses & treatment"

Have either of the following symptoms been present nearly every day for at least two weeks?

- A.1. Have you been sad, blue, or "down in the dumps"?
- A.2. Have you lost interest in pleasure in all or almost all the things you usually do (work, hobbies, or activities)?

If *either* A.1 or A.2. is true, continue to answer the questions in the chart below. If not, you probably do not have a depressive illness.

A poor appetite or overeating?	Yes	No
Insomnia?	Yes	No
Oversleeping? (Going to bed earlier than usual, staying in bed later than usual, taking naps?)	Yes	No
Do you have low energy, fatigue, or chronic tiredness?	Yes	No
Are you less active or talkative than usual or do you feel slowed down or restless?	Yes	No
Do you avoid the company of other people?	Yes	No
Do you lose interest or enjoyment in sex and other pleasurable activities?	Yes	No
Do you fail to experience pleasure when you are praised, given presents, promoted, etc.?	Yes	No
Do you have feelings of inadequacy or decreased feelings of self-esteem, or are you increasingly self-critical?	Yes	No
Are you less efficient or do you accomplish less at school, work, or home?	Yes	No
Do you feel less able to cope with routine responsibilities of everyday life?	Yes	No
Do you find that your concentration is poor or that you have difficulty making decisions (even trivial ones)?	Yes	No

If A.1. or A.2. is true, and if you answer Yes to any four of these twelve questions, you probably have a depressive illness and should consult a qualified professional.