

ARE YOU SUFFERING FROM DEPRESSION?

# Take Our Five-Minute Depression Quiz



1. Do you often have feelings of sadness, hopelessness, or irritability that interfere with how you think and experience everyday activities such as sleeping, eating, and managing your daily tasks?

YES

NO

SOMETIMES

2. Has medication and traditional therapy helped your symptoms in the past?

YES

NO

SOMETIMES

3. Has your appetite changed from what it used to be, either eating a lot less or a lot more than usual?

YES

NO

SOMETIMES

4. Do you have thoughts of suicide?

YES

NO

SOMETIMES

5. Are you having difficulty concentrating or making decisions?

YES

NO

SOMETIMES

6. Is your mood or behavior affecting your relationships with your spouse, family and friends?

YES

NO

SOMETIMES

7. Have you lost interest in many activities you used to enjoy?

YES

NO

SOMETIMES

8. Do you feel down today?

YES

NO

SOMETIMES



