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## Depression Self-assessment Questionnaire

This form is not a diagnostic instrument and is only to be used within the context of your medical treatment and by you if you are more than 18 years old. Share your checklist responses and assessment with your physician or other health care provider. If you are having thoughts of self-harming or are feeling suicidal contact a friend, family or your GP immediately. If you have already taken an overdose or injured yourself badly, **dial 000**.

Depression displays many symptoms, the more symptoms someone has, the more likely they may be to have or develop depression. The questions below are based on how you have been feeling during the last two weeks.

Questions: Tick the box which represents how you have been feeling in the last two weeks.	Not at all (0 points)	Occasionally (1 point)	Few times a week (2 points)	Nearly everyday (3 points)
1 Have you found little pleasure or interest in doing things you would normally enjoy?				
2 Have you found yourself feeling down, depressed or hopeless?				
3 Have you had trouble falling or staying asleep, or sleeping too much?				
4 Have you been feeling tired or had little energy?				
5 Have you had a poor appetite or been overeating?				
6 Have you felt that you're a failure or that you have let yourself or your family down?				
7 Have you had some trouble concentrating on tasks?				
8 Have you been moving or speaking slowly, or been very fidgety, so that other people could not notice?				
9 Have you been using alcohol or other substances to cope with your problems?				
10 Have you thought you would be better off dead or have you been hurting yourself in some way?				

**Scoring:** Count the points for each question and add them all up.

#### 0-10 points

Based on your responses, it is unlikely you are suffering from depression. However if you have concerns, please speak to your local GP.

#### 10-27 points

Based on your responses, it is very likely that you could be suffering from some form of depression. Go to an experienced mental health professional to get an appropriate diagnosis and treatment plan. You should make an appointment to see your GP as soon as possible to get a referral for a psychologist or psychiatrist. Most people with depression improve with good care, which may include changes to your lifestyle, therapy and/or medications.