

Depression Appraisal

The following appraisal asks questions about symptoms of depression. You can use this appraisal to decide if it would be helpful to discuss your mood with a behavioral health professional or with your doctor.

This appraisal is not intended to provide you with a diagnosis. A diagnosis for this condition may be made only after being evaluated by a behavioral health provider. Consider contacting a behavioral health provider if your answers to the appraisal indicate the possibility that you have a problem with depression, or if you have questions or concerns related to depression.

	Not at all	Several of the days	More than half the days	Nearly every day
	(0 pts)	(1 pt)	(2 pt)	(3 pt)
Over the last two weeks, how often have you been bothered by any of the following problems?				
1. Little interest or pleasure in doing things.	☐	☐	☐	☐
2. Feeling down, depressed or hopeless.	☐	☐	☐	☐
3. Trouble falling or staying asleep, or sleeping too much.	☐	☐	☐	☐
4. Feeling tired or having little energy.	☐	☐	☐	☐
5. Poor appetite or overeating.	☐	☐	☐	☐
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down.	☐	☐	☐	☐
7. Trouble concentrating on things, such as reading the newspaper or watching television.	☐	☐	☐	☐
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual.	☐	☐	☐	☐
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	☐	☐	☐	☐
	Not at all difficult	Somewhat difficult	Very difficult	Extremely difficult
10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	☐	☐	☐	☐

Scoring

Score your appraisal as follows:

For every question that you answered...	Add to your total score:
"Not at all" or "Not at all difficult"	0 points
"Several of the days" or "Somewhat difficult"	1 point
"More than half the days" or "Very difficult"	2 points
"Nearly every day" or "Extremely difficult"	3 points

Total Score	Results
0	It appears from your score that you don't think you have a problem with depression. If you begin to feel you might have depression, take this appraisal again.
1-4	Minimal Depression — Your responses indicate a possibility that you have minimal depression and should consider getting an evaluation.
5-9	Mild Depression — Your responses indicate a possibility that you have mild depression and should consider getting an evaluation.
10-14	Moderate Depression — Your responses indicate a possibility that you have moderate depression and should consider getting an evaluation.
15-19	Moderately Severe Depression — Your responses indicate a possibility that you have moderately severe depression and should consider getting an evaluation.
20+	Severe Depression — Your responses indicate a possibility that you have severe depression and should consider getting an evaluation.

This appraisal is not a substitute for a professional evaluation — and is not intended to be a self-diagnosis. Only a professional can make a diagnosis. If you have concerns about your mood after answering these questions please talk to your doctor or contact United Behavioral Health and we can arrange for a professional consultation.