

## Depression Test - Based on DSM Criteria

If your mood has been <b>depressed, or you have significantly lost interest or enjoyment</b> for <b>at least 2 weeks</b> , answer the following questions:	No (0)	Yes (1)
<b>1. Low energy.</b> Is your energy lower? Do you feel more fatigued or sluggish? Is it hard to get going in the morning? Do you have less interest in sex?		
<b>2. Anxiety or irritability.</b> Are you more anxious, worried, fearful, irritable, or intolerant?		
<b>3. Lower self-confidence.</b> Is your self-confidence or self-esteem lower? Do you feel more hopeless or pessimistic, or do you feel more guilty or worthless?		
<b>4. Poor concentration.</b> Is it hard for you to think, concentrate, or make decisions? Do you find it hard to concentrate outside of work? Is it harder to read articles or to take in what you read?		
<b>5. Sleep changes.</b> Do you have difficulty falling asleep or staying asleep? On weekends do you feel like you could sleep all day? Do you feel that you're not refreshed when you wake up in the morning?		
<b>6. Appetite or weight change.</b> Is your appetite either significantly lower or higher than a year ago. Have you unintentionally lost or gained weight? Do you eat only because you have to eat, but get little pleasure from food?		
<b>7. Slow moving or restless.</b> Do you move more slowly? Is your speech slower. Are you restless or fidgety?		
<b>8. Thoughts of death.</b> Do you think it would be easier if you just didn't wake up in the morning? Do you think it would be easier if you developed a serious illness? Do you think that your family would be better off if you were gone? Do you have recurrent thoughts of death or suicide (not just a fear of dying)? Do you imagine ways of hurting yourself?		

### Your Score:

If you answered yes to four or more questions, you may be suffering from major depressive disorder.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

### Reference

American Psychiatric Association, *DSM-5 The Diagnostic and Statistical Manual of Mental Disorders. 5 ed*, ed. D. Kupfer: American Psychiatric Association.

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Reference: "I Want to Change My Life" by Dr. S. Melemis. [www.IWantToChangeMyLife.org](http://www.IWantToChangeMyLife.org)