

DEPRESSION OR SADNESS



The following is the standard questionnaire used by the NHS to indicate depression. Scoring is at the bottom.

In the last two weeks, how often have you been bothered by the following problems?

	not at all	several days	more than half the days	nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
Trouble falling asleep, staying asleep or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or over eating	0	1	2	3
Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
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	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

If you answered yes, please seek help immediately

INTERPRETATION

- 0-4 none or minimal depression
- 5-9 Possible mild depression - watchful waiting recommended
- 10-14 Possible moderate depression - consider seeking professional help
- 15 - 19 Possible moderately severe depression - seek professional help from GP or local mental health services
- 20 - 27 Possible severe depression - seek help asap - your GP or local mental health services

SAMARITANS EMERGENCY HELPLINE - 116 123