



What this fact sheet covers:

- Self-test (results & scoring)
- Where to get more information.

This fact sheet provides a self-assessment test for identifying possible symptoms of clinical depression. Please note that while great care is taken with the development of this self-assessment tool, it is not intended to be a substitute for professional clinical advice. While the results of the self-assessment tool may be of assistance, users should always seek the advice of a qualified health provider with any questions they have regarding their health.

Self-test

Please consider the following questions and rate how true each one is in relation to how you have been **feeling lately** (i.e, in the last two to three days) compared to **how you usually or normally feel**.

	Not true	Slightly true	Moderately true	Very true
Are you stewing over things, or brooding negatively?				
Do you feel more vulnerable than usual?				
Are you being more self-critical & hard on yourself?				
Are you feeling guilty about things in your life?				
Do you feel as if you have lost your core & essence?				
Are you feeling depressed?				
Do you feel less worthwhile?				
Do you feel hopeless or helpless?				
Do you feel more distant from other people?				
Do you find that nothing seems able to cheer you up?				

NB: Please turn over for scoring instructions and results.



Scoring

Items are scored as follows:

- '0' – for 'Not True'
- '1' – for 'Slightly True'
- '2' – for 'Moderately True'
- '3' – for 'Very True'

Results

9 or more

If you have been feeling this way for more than a couple of weeks, or if these feelings persist for more than a couple of weeks, and as a consequence your day to day functioning is impaired, there is a good chance that you are clinically depressed. There might be wisdom in you speaking to a general practitioner (primary care physician), trained mental health professional or whomever you seek medical advice from to clarify this possibility.

Less than 9

Your responses to these questions suggest that you are unlikely to be clinically depressed. If your situation does not improve you might consider answering this screening measure again.

NB: This self-assessment test may also be done online: www.blackdoginstitute.org.au

What to do if you suspect you have depression

If you scored 9 or more, the first step is to arrange an appointment with your general practitioner for a thorough medical assessment and diagnosis. You may like to consult our other fact sheets, including the fact sheet *Types of Depression*.

Where to get more information

- Watch our Online Depression Education Program (DepEd) www.blackdoginstitute.org.au
- www.depressionservices.org.au
- www.bluepages.anu.edu.au
- Chapter 6 - *Dealing With Depression : A Common Sense Guide to Mood Disorders*, by Gordon Parker. Allen & Unwin, 2004.

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