CHECKLIST OF SYMPTOMS	
Significant weight loss (not because of dieting) or weight gain	
A decrease or increase in appetite	
Difficulty sleeping or sleeping excessively	
Feelings of agitation or irritability	

Tiredness or loss of energy	
Ideas of worthlessness or excessive or inappropriate guilt	
Reduced ability to concentrate or pay attention	
Reduced self-esteem and self-confidence	
A bleak and pessimistic view of the future	
Suicidal thoughts or attempts	