

Checking your own symptoms using a depression questionnaire

You can also check your depression symptoms using the **depression questionnaire** below. This questionnaire has been used by many young people and checked by doctors and therapists. It has been shown to be very useful in identifying young people with depression. It can also show if depression and low mood is getting better or worse.

Have a go at completing the questionnaire now if you like. You can add the items together to give you a total score.

For every item:

Not true = 0

Sometimes = 1

True = 2

The higher the score, the more likely it is that you have depression.

My first total score _____ Date _____

Am I Depressed and What Can I Do About It?

It is a good idea to then go back to the questionnaire at a later time and see whether your score is changing, especially as you use the strategies in this book.

My second total score _____ Date _____

My third total score _____ Date _____

My fourth total score _____ Date _____

My fifth total score _____ Date _____