



11161 Kenwood Rd
Cincinnati, OH 45242
(513) 769-4600 www.lifewaycenters.com

Depression Checklist

Please answer yes or no:

- 1. I often feel downhearted and blue.
- 2. I often have cry or feel like crying.
- 3. I have trouble falling asleep & sleeping through the night.
- 4. I have: lost interest in eating, do not eat as much as I used to, or am eating more than usual.
- 5. My mind is not as clear as it used to be.
- 6. I have no hope for the future.
- 7. I am more irritable than usual.
- 8. I do not enjoy the things I used to enjoy.
- 9. I have difficulty making decisions.
- 10. I am tired for no reason.

If you have answered yes to 3 or more questions, you are probably depressed.

Assessment Checklist Cards/Server/Mkt Ext/1992/ab

Copyright © 1999 LIFE WAY Counseling Centers

Depression

Everyone has mood changes and emotional ups and downs influenced by life events. Fluctuations in mood are considered normal, unless they interrupt normal functioning and cause severe distress. If you are feeling exhausted, worthless, helpless, or hopeless you may suffer from depression that will probably not go away by itself.

A person's spirit can endure physical illness but a broken spirit wears us down. Pr. 18:14

Depression and anxious feelings are the most common complaints in America. The most important step is appropriate treatment because a well designed combination of counseling and appropriate medication can effectively treat the depressive symptoms and restore one to a joyful life.