

Depression Checklist

Depression can hit at any time that there are a convergence of stressors. Winter time without sunlight can trigger depression. The loss of a loved one. Failure in studies. Even Springtime can bring about depression. Seasonal depression will come and go with degrees of sunlight and daylight. It is related to the amount of melatonin in our bodies.

There are other depressions however that are not seasonal, but can also occur at this time of year, and especially in the Springtime.

You may use the following self-check to determine whether you are depressed and if so, there is help available. Depression is treatable and you need not suffer from it.

Characteristics of Depression

Degree of Intensity

	Not At All	Moderately	Very Much
1. I feel sad or down in the dumps	_____	_____	_____
2. My future looks hopeless	_____	_____	_____
3. I feel inferior to other people	_____	_____	_____
4. I feel guilty about the past	_____	_____	_____
5. I have difficulty concentrating	_____	_____	_____
6. I don't care to do things I used to do that made me happy	_____	_____	_____
7. I have to push myself to get things done	_____	_____	_____
8. I do not feel attractive	_____	_____	_____
9. I tend to see the negative rather than the positive side of things	_____	_____	_____
11. I am not sleeping well	_____	_____	_____
12. I have lost interest in sex	_____	_____	_____
13. I feel anxious and worried	_____	_____	_____
14. Life does not seem worth living	_____	_____	_____
15. I think about how I would kill myself	_____	_____	_____

If you answered moderately or very much to questions 14 or 15, or to three or more of the remaining other questions, please contact the Personal Counseling Office at 815-740-3598 as soon as possible for professional help.