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
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1. I feel sad or down in the dumps | Not At All | Moderately | Very Much
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 | | | |
10. I am not sleeping well | | | |
11. I have lost interest in sex | | | |
12. I feel anxious and worried | | | |
13. Life does not seem worth living | | | |
14. 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.