



Depression Symptom Checklist

0 -- Not at all 1 -- A little 2 -- Sometimes 3 -- Often 4 -- Always

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|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 1. Depressed mood most of the day, nearly every day
Note: In children and adolescents, can be irritable mood. |
| 0 | 1 | 2 | 3 | 4 | 2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day |
| 0 | 1 | 2 | 3 | 4 | 3. Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day. Note: In children, consider failure to make expected weight gains. |
| 0 | 1 | 2 | 3 | 4 | 4. Insomnia or Hypersomnia nearly every day |
| 0 | 1 | 2 | 3 | 4 | 5. Psychomotor agitation or retardation nearly every day |
| 0 | 1 | 2 | 3 | 4 | 6. Fatigue or loss of energy nearly every day |
| 0 | 1 | 2 | 3 | 4 | 7. Feelings of worthlessness or excessive or inappropriate guilt (which may be delusional) nearly every day |
| 0 | 1 | 2 | 3 | 4 | 8. Diminished ability to think or concentrate, or indecisiveness, nearly every day |
| 0 | 1 | 2 | 3 | 4 | 9. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide |