

This tool is not intended to result in a diagnosis or a treatment recommendation. It's meant to help you have a more meaningful discussion with your doctor.

		<i>Not at all</i>	<i>Several Days</i>	<i>More Than Half The Days</i>	<i>Nearly Every Day</i>
1.	Little interest or pleasure in doing things				
2.	Feeling down, depressed, or hopeless				
3.	Trouble falling or staying asleep or sleeping too much				
4.	Feeling tired or having little energy				
5.	Poor appetite or overeating				
6.	Feeling bad about yourself-or that you have let yourself or your family down				
7.	Trouble concentrating on things, such as reading the newspaper or watching television				
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual				
9.	Thoughts that you would be better off dead or of hurting yourself in some way				