

ARE YOU DEPRESSED?

If you have experienced five or more of these depression symptoms within the same two week period

1. Depressed Mood

A person may report feeling If you have experienced five or more of these depression symptoms within the same two week period

2. Decreased Interest or Pleasure A person may show markedly diminished interest or pleasure in all, or almost all, daily activities.

3. Weight Changes Significant changes in weight when not attempting to gain or lose (a gain or loss of 5% or more in a month) may be indicative of depression. In children, this may also present as a failure to make expected weight gains.

4. Sleep Disturbances

Insomnia or sleeping too much may be a symptom of depression.

5. Psychomotor Agitation or Retardation

The person may be observed to be either agitated and restless or physically slowed down in their movements.

6. Fatigue

Deep fatigue or a loss of energy is a symptom of depression.

7. Feelings of Worthlessness or Guilt

A depressed person may feel that they have no value or they may feel inappropriately guilty about things they have no control over.

8. "Brain Fog"

A depressed person may have a diminished ability to think, concentrate or make decisions.

9. Thoughts of Death

A depressed person may have recurring thoughts of death, especially thoughts of suicide, with or without a specific plan.