



## Depression Symptom Checklist

Feelings	Daily, Weekly, or Occasionally?	Duration
<b>Sad, Hopeless, or Empty</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Dread, Gloom, Blah Moods	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
<b>Trouble Concentrating</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
<b>Irritable or Angry</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Defeat, Failure, Inadequacy	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Guilt	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___

Physical Symptoms	Daily, Weekly, or Occasionally?	Duration
Backaches	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Headaches	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Heart Burn	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Low Sexual Desire	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Body Exhaustion	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
<b>Difficulty Sleeping</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Other: _____	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___

Escapist Behaviors	Daily, Weekly, or Occasionally?	Duration
Spending More Time at Work	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Excessive Sports or Other TV	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Affairs	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Alcohol or Drug Use	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Yelling, Name Calling, Put Down, Shaming	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Violent or Abusive Behavior	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Risky Behaviors, Excessive Risk Taking	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
<b>Loss of Interest in previously enjoyed activities</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___

Internalized Behaviors	Daily, Weekly, or Occasionally?	Duration
Isolating from the Family	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
<b>Slow Response Times</b>	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Withdrawing Emotionally or Physically	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Reluctant to share thoughts and feelings	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Work performance Issues	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___
Negative Ruminating	D ___ W ___ O ___	2 wks ___ 3-6 mon ___ 1yr ___ 2yrs ___

