

Am I Experiencing Depression?

Depression should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful have a professional assessment.

Do you feel bad about yourself, think of yourself as a failure, or feel hopeless?

Never

Occasionally

Sometimes

Often

Do you find it a struggle to stay interested in your hobbies or activities?

Never

Occasionally

Sometimes

Often

Do you feel restless or agitated, or have trouble sleeping?

Never

Occasionally

Sometimes

Often

Do you feel tired, exhausted or lacking in energy?

Never

Occasionally

Sometimes

Often

Do you struggle to motivate yourself to do things?

Never

Occasionally

Sometimes

Often

If you answered 'sometimes' or 'often' to most of these questions, you could be experiencing symptoms of depression. This is one of the factors that a psychologist will use to make a diagnosis.