

Exercise

Professional Version | US English

Am I Experiencing Depression?



Description

Depression is a condition characterized by an extended period of low mood, anhedonia, and reduction in activity. It is thought to be experienced by between 3 and 7 people out of every 100 (Kessler et al, 2005).

The DSM-5 diagnostic criteria for a major depressive episode include:

- Feeling depressed most of the day, nearly every day, or having a markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
- Four additional symptoms from:
 - Significant weight loss or gain, with a decreased or increased appetite
 - Insomnia or hypersomnia
 - Psychomotor agitation or retardation
 - Fatigue or loss of energy
 - Feelings of worthlessness, or excessive or inappropriate guilt
 - Diminished ability to think or concentrate, or indecisiveness
 - Recurrent thoughts of death, including recurrent suicidal ideation, a suicide attempt, or a specific plan for committing suicide

The ICD-11 diagnostic criteria for a depressive episode include:

- A period of depressed mood or diminished interest in activities, occurring most of the day and nearly every day during a period of at least two weeks.
- At least four other symptoms from:
 - Difficulty concentrating
 - Feelings of worthlessness, or excessive or inappropriate guilt
 - Hopelessness
 - Recurrent thoughts of death or suicide
 - Changes in appetite or sleep
 - Psychomotor agitation or retardation
 - Reduced energy or fatigue

Am I Experiencing Depression? is an indicative screening tool, designed to help clients self-assess whether their experiences might warrant further investigation. It is not intended to give a formal diagnosis or provide a measure of severity.

Instructions

Suggested Question



Some people who report similar experiences to yours have a condition called depression. Would you like to try a short quiz that could give us an idea of whether this problem troubles you?

References

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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.

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