

Blog on “Depression Scale”

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Depression can be a severe mood disorder affecting how you feel, think, and handle the activities of daily living, like sleeping, eating, or going to work.

Depression can manifest in several different forms and most of them are highly treatable.

The severity of depression is measured by the frequency, intensity, and duration of the symptoms below. If you have questions or concerns about your level of depression after scoring this checklist¹, then please call us at 509.466.6632.

Instructions: Put a check <input type="checkbox"/> to indicate how much you have experienced each symptom during the past week, including today. Please answer all 25 items.		0 =	1 =	2 =	3 =	4 =
		Not At All	Some what	Mode rately	A Lot	Extrem ely
Thoughts and Feelings						
1	Feeling sad or down in the dumps					
2	Feeling unhappy or blue					
3	Crying spells or tearfulness					
4	Feeling discouraged					
5	Feeling hopeless					
6	Low self-esteem					
7	Feeling worthless or inadequate					
8	Guilt or shame					
9	Criticizing yourself or blaming others					
10	Difficulty making decisions					
Activities and Personal Relationships						
11	Loss of interest in family, friends or colleagues					

¹ <https://www.uwgb.edu/UWGCMS/media/Continueing-Professional-Education/files/Assess-Pkt-1-Burns-Depression-Checklist.pdf>

12	Loneliness					
13	Spending less time with family or friends					
14	Loss of motivation					
15	Loss of interest in work or other activities					
16	Avoiding work or other activities					
17	Loss of pleasure or satisfaction in life					
Physical Symptoms						
18	Feeling tired					
19	Difficulty sleeping or sleeping too much					
20	Decreased or increased appetite					
21	Loss of interest in sex					
22	Worrying about your health					
Suicidal Urges						
23	Do you have any suicidal thoughts?					
24	Would you like to end your life?					
25	Do you have a plan for harming yourself?					
Please Total Your Score on Items 1--25 Here:						

Total Score	Level of Depression
No Depression	0--5
Normal but unhappy	6--10
Mild depression	11--25
Moderate depression	26--50
Severe depression	51--75
Extreme depression	76--100