



beyondblue
the national depression initiative

Depression

To find out more visit

www.beyondblue.org.au

or call

1300 22 4636

(local call)

1 in 5 people will experience depression
in their lifetime.

If it's not you,
maybe it's someone you know.

Effective treatments are available and with
the right treatment, most people recover.

**Talk to your doctor or
another health professional.**

Helping someone with depression isn't beyond you

Depression Checklist

To find out if you, or someone you know may have depression, complete the checklist below.

For more than **TWO WEEKS** have you:

Tick if Yes

1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, complete the symptom checklist below. If you did not answer 'YES' to either of these questions, it is unlikely that you have a depressive illness.

3. Lost or gained a lot of weight? OR
Had a decrease or increase in appetite?
4. Sleep disturbance?
5. Felt slowed down, restless or excessively busy?
6. Felt tired or had no energy?
7. Felt worthless? OR
Felt excessively guilty? OR
Felt guilt about things you should
not have been feeling guilty about?
8. Had poor concentration? OR
Had difficulties thinking? OR
Were very indecisive?
9. Had recurrent thoughts of death?

Add up the number of ticks for your total score: _____

What does your score mean?

(assuming you answered 'YES' to question 1 and/or question 2)

4 or less: Unlikely to have a depressive illness

5 or more: Likely to have a depressive illness

For further assessment, please consult a doctor or another health professional.

Wheelchair Sports Victoria

Phone: 03 9473 0133

www.wsv.org.au

