



CARE's WorkLife Solutions

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Depression Self Test

Depression is more than just a slump in mood. Unlike “the blues,” which may clear up in a few hours or days, depression frequently is both prolonged and recurring. It is a disease that cannot be ignored or just whisked away.

Sufferers of depression say they experience:

- Loss of interest in family or work obligations or personal appearance
- Frequent, uncontrollable crying
- Lingering, unfocused nervousness or irritability
- Persistent feelings of hopelessness and helplessness

Depression may have physical or psychological causes. Certain illnesses and chemical imbalances are physical causes. Psychological causes may include a distressing or threatening life change such as a divorce, loss of a job, death of a loved one, poor self-image or unhealthy self-esteem.

Depression is a serious condition requiring treatment. If not treated, it can be debilitating and can lead to suicide.

To determine whether you may benefit from treatment for depression, answer the following questions completely and honestly. The more “yes” answers, the greater the likelihood that depression is causing you upset.

- Have you stopped participating in activities that interest you?
- Do you feel a sense of emptiness in your life?
- Do you feel a sense of helplessness or hopelessness?
- Have you experienced a loss of energy recently?
- Do you feel a sense of worthlessness?
- Have you experienced a decrease in your appetite?
- Have you recently lost or gained weight?
- Have you experienced disturbances in your sleep patterns?
- Do you find yourself isolating from others?
- Do you find that you have difficulty concentrating?
- Do you find that you have difficulty making decisions?