



Depression and Relationship Counselling Services

700 Tecumseh Rd. East Suite #303

Windsor, ON N8X 4T4

Phone : (519) 253-1519 Fax: (519) 253-4407

Email: wlimarzi@bellnet.ca

Depression Quiz and Treatment

Depression is a very serious health concern, especially if left untreated. If you have been sad and gloomy for more than 6 months read this quiz.

Not at all: 1 Several days: 2 More than half the days: 3 Nearly every day: 4

1. _____ Little interest or pleasure in doing things
2. _____ Feeling down, depressed, or hopeless
3. _____ Trouble falling or staying asleep, or sleeping too much
4. _____ Feeling tired or having little energy
5. _____ Poor appetite or overeating
6. _____ Feeling bad about yourself—or that you are a failure or have let yourself or your family down
7. _____ Trouble concentrating on things such as reading the newspaper or watching television
8. _____ Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
9. _____ Thoughts that you would be better off dead or of hurting yourself in some way

If you clicked on any problems above, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

Treatment

Depression and anxiety is highly treatable, especially in the early stages. Coming for solution based counselling is sometimes all that is needed. Other times, an addition of medication is warranted along with counselling.

Reference

Based on Patient Health Questionnaire-9 (PHQ-9)