

## Depression Symptom Checklist

- Low mood or lack of interest or pleasure in most things
- Low energy
- Insomnia
- Sleeping too much
- Feeling anxious or restless
- Poor concentration
- Difficulty remembering things
- Excessive or inappropriate guilt
- Poor appetite or significant weight loss
- Increased appetite or noticeable weight gain
- Low self-esteem
- Loss of interest in sex
- Excessive worry; dwelling on negative thoughts
- Periods of crying, sometimes for "no reason"
- Suicidal thoughts
- Hearing voices

### **I have felt depressed or low for**

- 2 weeks or more
- Over a week, but less than 2 weeks
- About a week
- The last few days
- Today

### **My mood is low**

- Almost every waking hour
- It comes and goes during the day
- It comes and goes during the week