

# Is it Time to Get Help for Your Depression?

Take the first step to finding out if you're one of the 14.8 million U.S. adults suffering from major depressive disorder by completing this survey.

Respond to each question with the letter that best reflects how you feel.

A. Little of the time

B. Some of the time

C. Good part of the time

D. Most of the time

## Section 1

I feel hopeful about my future.



I find it easy to make decisions.



I feel I am useful and needed.



I still enjoy the things I used to do.



My surroundings interest me.



I feel as attractive as I used to.



My mind is as clear as it used to be.



### SCORING FOR SECTION 1:

A. A little of the time

\_\_\_\_\_ x 4 pts = \_\_\_\_\_

B. Some of the time

\_\_\_\_\_ x 3 pts = \_\_\_\_\_

C. A good part of the time

\_\_\_\_\_ x 2 pts = \_\_\_\_\_

D. Most of the time

\_\_\_\_\_ x 1 pt = \_\_\_\_\_

Total points for this section:



## Section 2

I feel discouraged and blue.



I have had trouble sleeping lately.



My appetite is worse than usual.



I am less interested in sex.



I have constipation/diarrhea.



I feel physically tired often.



My heart beats rapidly.



I have headaches more often.



I am more irritable than usual.



Others would be better off if I died.



I worry about my health.



I break into tears easily.



I blame myself for things.



### SCORING FOR SECTION 2:

A. A little of the time

\_\_\_\_\_ x 1 pt = \_\_\_\_\_

B. Some of the time

\_\_\_\_\_ x 2 pts = \_\_\_\_\_

C. A good part of the time


\_\_\_\_\_ x 3 pts = \_\_\_\_\_

D. Most of the time

\_\_\_\_\_ x 4 pts = \_\_\_\_\_

Total points for this section:



**TOTAL SCORING FOR BOTH SECTIONS:** Section 1: \_\_\_\_\_ + Section 2: \_\_\_\_\_ =  total points

**IF YOUR SCORE IS ABOVE 50 POINTS,** please pursue a clinical evaluation at a mental health facility, like SUN Behavioral, immediately.

**IF YOUR SCORE IS ABOVE 35 POINTS BUT BELOW 50 POINTS,** you may benefit from a partial hospitalization day program (PHP) or intensive outpatient program (IOP). With PHP and IOP, you'll work through stressors that trigger your disease and develop healthy coping skills to manage them.

**IF YOUR SCORE IS BELOW 35 POINTS** and symptoms are not causing you to consider suicide or self-harm, immediate assessment may not be necessary. However, you took this quiz for a reason. If you're struggling, we have programs that can help.

Learn more about how we can help at [SUNBehavioral.com](http://SUNBehavioral.com). You're never alone.