



Depression Screening Tool

This tool is a self-assessment designed to help you determine if you need further, professional screening for depression. It is not meant to replace the evaluation and advice of a medical professional.

If you think you might have depression, please call your doctor or The Hospital of Central Connecticut's Outpatient Psychiatry and Behavioral Health, (860) 224-5804.

*Over the past 2 weeks, how often have you been bothered by any of the following concerns?
(Check the box that applies)*

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep or sleeping too much	0	1	2	3
4. Feeling tired, or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, like reading or watching TV	0	1	2	3
8. Moving or speaking so slowly OR being restless and fidgety enough for people to notice	0	1	2	3
9. Thoughts that you'd be better off dead, or hurting yourself in some way	0	1	2	3

Add the numbers from each box marked for your total score. If you're concerned about your score, seek the advice of a healthcare professional, who can provide a more comprehensive diagnosis.

Total score:

- 1-4
- 5-9
- 10-14
- 15-19
- 20-27

May indicate:

- Minimal depression
- Mild depression
- Moderate depression
- Moderately severe depression
- Severe depression