

## DEPRESSION CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

- ☐ Feeling low, irritable or appearing tearful
- ☐ Reduced interest or pleasure in most activities
- ☐ Marked increase or decrease in appetite, or significant weight loss
- ☐ Difficulties sleeping and waking
- ☐ Increased agitation or lethargy
- ☐ Fatigue
- ☐ Feeling worthless or guilty
- ☐ Less able to make decisions or concentrate
- ☐ Recurrent thoughts of death or suicide

If a patient has experienced **5 or more** of these symptoms **most of the day, nearly every day**, over at least a **2 week period**, they may be experiencing a **Major Depressive Episode**.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at **[strategicpsychology.com.au](http://strategicpsychology.com.au)**.

**Reference:**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.