

# Depression

Yes

- A. Low mood/sadness .....
- B. Loss of interest or pleasure .....
- C. Decreased energy and/or increased fatigue .....

## If YES to any of the above, continue below

- 1. Sleep disturbance: .....

Difficulty falling asleep  
Early morning wakening

- 2. Appetite disturbance: .....

Appetite loss  
Appetite increase

- 3. Concentration difficulty .....

- 4. Psychomotor retardation or agitation .....

- 5. Decreased libido .....

- 6. Loss of self-confidence or self-esteem .....

- 7. Thoughts of death or suicide .....

- 8. Feelings of guilt .....

## Summing up

- Positive to A, B or C and at least four positive from 1–8 .....

all occurring most of the time for two weeks or more.

- Indication of **depression** .....