



Depression Screening Tool

(Adapted from the Medicare Annual Wellness Visit Questionnaire)

This quiz is not designed to make a diagnosis of depression or take the place of a professional diagnosis. It is designed to help you more easily explain to your doctor how you are feeling and/or show your doctor how your symptoms may have changed from one visit to the next.

Most importantly, if you suspect that you are depressed, please consult with your doctor or a mental health professional as soon as possible.

1. How often do you feel down, depressed or hopeless?

- Always
- Usually
- Sometimes
- Rarely
- Never

2. How often do you feel little interest/pleasure in things?

- Always
- Usually
- Sometimes
- Rarely
- Never

3. How often were you not able to stop worrying or control your worrying?

- Always
- Usually
- Sometimes
- Rarely
- Never

4. How often is stress a problem for you in handling such things as ___ your health? ___ Your finances? ___ Family or social relationships? ___ Your work?

- Always
- Usually
- Sometimes
- Rarely
- Never

5. Have your feelings caused you distress or interfered with your ability to get along with family or friends?

- Always
- Usually
- Sometimes
- Rarely
- Never

6. How often do you get the social and emotional support that you need?

- Always
- Usually
- Sometimes
- Rarely
- Never