**Depression Self-Assessment Tool**

**Introduction**

Welcome to your Depression Self-Assessment Worksheet—a carefully crafted tool designed to help you explore and understand your emotional well-being over the past two weeks. In today’s fast-paced world, it’s all too easy to overlook the subtle signals our minds send us. This worksheet is rooted in evidence-based instruments, such as the PHQ-9, and is intended to guide you in reflecting on your mood, interest, and energy levels. It offers a safe space for self-exploration, enabling you to track changes in your emotional state and identify areas where you might benefit from additional support or professional guidance.

Depression can often feel like a heavy, isolating weight—a burden that dims the everyday light of joy and diminishes interest in activities that once brought pleasure. By engaging with this assessment, you are taking a proactive step toward understanding the nuances of your emotional landscape. This process is not about labeling yourself but rather about increasing self-awareness. Recognizing your feelings and symptoms can be the first step toward healing and reclaiming a sense of balance in your life. Remember, every reflection is a valuable stride toward self-care.

This worksheet is designed for both personal insight and as a conversation starter with mental health professionals. The questions invite you to consider not only how frequently you experience certain feelings but also the impact these feelings have on your daily life. As you work through the assessment, you may find it helpful to journal additional thoughts in the space provided—this can deepen your understanding and serve as a record of your progress over time. We encourage you to approach this exercise with an open heart and mind, embracing the journey toward greater emotional clarity and resilience.

Before you begin, please keep in mind that this tool is meant for self-reflection and informational purposes. It is not a diagnostic instrument. If you are feeling overwhelmed or in distress, consider reaching out to a trusted friend, mental health professional, or crisis service immediately. Your emotional well-being matters, and seeking help is a sign of strength. With that spirit of self-compassion, let’s begin.

**Instructions**

Over the past two weeks, reflect on each of the following statements and indicate how often you have been bothered by each symptom. Please choose the option that best describes your experience for each item:

* **0** – Not at all
* **1** – Several days
* **2** – More than half the days
* **3** – Nearly every day

Take your time with each question, and feel free to jot down any additional thoughts in the space provided after each section.

**Questions**

1. **Little interest or pleasure in doing things.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* What activities that once brought you joy have lost their appeal recently? How does this change affect your daily routine?
2. **Feeling down, depressed, or hopeless.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Consider how often feelings of sadness or hopelessness have influenced your outlook on life. What moments or thoughts contribute to these feelings?
3. **Trouble falling or staying asleep, or sleeping too much.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Reflect on your sleep patterns. Have you noticed changes in your ability to fall asleep, stay asleep, or variations in your overall sleep duration?
4. **Feeling tired or having little energy.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Explore the impact of fatigue on your daily activities. How does a lack of energy influence your motivation and ability to engage with your surroundings?
5. **Poor appetite or overeating.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Think about your eating habits over the past two weeks. Have you noticed significant changes in your appetite or weight? What emotions seem to drive these changes?
6. **Feeling bad about yourself – or that you are a failure or have let yourself or your family down.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Consider the nature of your self-talk. How often do you engage in critical or self-deprecating thoughts, and how do these thoughts affect your self-esteem?
7. **Trouble concentrating on things, such as reading the newspaper or watching television.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Reflect on your ability to focus on daily tasks or enjoy leisurely activities. What might be contributing to any difficulties with concentration?
8. **Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving a lot more than usual.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* Observe your physical energy and behaviors. Are there noticeable changes in your pace or restlessness? How do these changes affect your interactions with others?
9. **Thoughts that you would be better off dead or of hurting yourself in some way.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  
   *Reflection:* This is one of the most serious symptoms. If you have had such thoughts, please consider writing down any triggers or moments when these feelings have been particularly intense. Your safety is paramount—if you are in immediate danger, please seek help right away.

**Scoring Your Assessment**

Add together your scores for each question to determine your total:

* **0–4:** Minimal or no depression
* **5–9:** Mild depression
* **10–14:** Moderate depression
* **15–19:** Moderately severe depression
* **20–27:** Severe depression

**Reflection:**  
Review your total score and consider what it suggests about your current emotional state. Reflect on the areas where you noted significant changes or challenges. Whether your score is low or high, acknowledging these feelings is a vital step toward self-awareness and healing.

**Next Steps and Further Resources**

Your journey toward understanding and managing depression is ongoing, and this worksheet is just one step along the way. Based on your reflections and assessment, you may find the following resources particularly helpful:

* **Anxiety Self-Assessment Worksheet:** If you are experiencing overlapping symptoms, this tool can help you understand how anxiety may be contributing to your overall emotional state.
* **Emotional Regulation and Self-Control Assessment:** Learn practical strategies to manage intense emotions and develop healthier coping mechanisms.
* **Stress and Coping Inventory:** Identify the stressors in your life and explore effective methods for managing them.
* **Trauma Impact and Recovery Assessment:** Reflect on past events that may be influencing your current state and find pathways toward healing.
* **Resilience and Strengths Inventory:** Recognize your personal strengths and build on the resilience factors that help you move forward.

For further guidance, we also offer curated reading lists and educational videos on mental health topics. These resources are designed to provide additional insights, practical strategies, and supportive perspectives to help you navigate your mental and emotional health journey.

**Disclaimer:**  
This worksheet is intended for self-assessment and informational purposes only. It is not a substitute for professional evaluation, diagnosis, or treatment. If you are experiencing significant distress or have concerns about your safety, please contact a mental health professional or a crisis service immediately.

Take your time, be gentle with yourself, and remember that every step toward self-awareness is a step toward healing. Your journey is important, and you deserve the support and care you need.