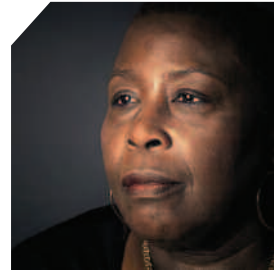
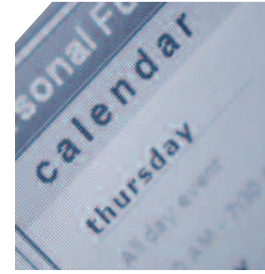


HealthyActions

Achieving Your Goals for Healthy Living



Depression Symptom Checklist

Did you know? Depression is one of the leading causes of disability in the United States.¹

What Is Depression?

Depression is caused by a chemical imbalance in your brain. It is a serious medical illness. It involves your body, your mood, and your thoughts. It affects how you eat, sleep, work, and live. It affects how you think about yourself and other things.

Many people with depression don't know they have it. So it is important for you to understand the signs and symptoms. If you have been having these symptoms for at least two weeks, you may have depression:

- Sadness
- Hopelessness
- Loss of interest in daily activities

You can't just "snap out" of depression. You have to get help to treat it. Manage your depression by understanding it and getting the right treatment. Start by filling out the **Depression Symptoms Checklist** on the back.

Who Gets Depression?

Anyone can get depression. Every year, about one in 10 American adults has depression. Women are twice as likely as men to have depression.² It is very common in older adults.³

Depression can be caused by many things. You are more likely to have depression if:

- It runs in your family.
- Your life is very stressful and you are having money problems, are caring for a sick family member, or have lost a loved one.
- You have a serious illness. A heart attack, cancer, or hormone problem can cause depression.

Disability
A physical or mental condition that keeps someone from working or living a normal life.



Depression Symptom Checklist

Get the treatment you need. You can feel better.

Depression Symptoms Checklist

The list below includes symptoms that may be caused by depression.^{2,4} Mark “yes” or “no” next to each statement. Discuss this checklist with a family member or caregiver. They may have seen signs that you are not aware of. Share this with your doctor.

- | Yes | No | Symptoms |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I feel sad or “empty” most of the time. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have lost interest in the activities I used to enjoy, such as: |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Daily activities |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Hobbies |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Friendships |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Sex |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel worthless or helpless. I feel like I do not matter. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel restless or anxious. |
| <input type="checkbox"/> | <input type="checkbox"/> | I cry a lot. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have no energy. I feel tired all the time. I feel like I move in slow motion. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have trouble concentrating. I cannot remember things. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have trouble making decisions. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have trouble getting to sleep or staying asleep. |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't want to get out of bed in the morning, or I want to sleep all the time. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am not hungry. I am losing weight. |
| <input type="checkbox"/> | <input type="checkbox"/> | I eat too much. I am gaining weight. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel hopeless when I think about the future. |
| <input type="checkbox"/> | <input type="checkbox"/> | I think about dying, or I think about killing myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | I often have pain that does not go away when I take medicine. I have: |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Headaches |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Digestive problems |
| <input type="checkbox"/> | <input type="checkbox"/> | ■ Back, joint, or muscle pain |

References

1. National Institute of Mental Health. “Depression. A Treatable Illness.” Available at: <http://menanddepression.nimh.nih.gov/infopage7429.html>. Accessed June 14, 2007.
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3. National Institute of Mental Health. “Older Adults and Mental Health.” Available at: <http://www.nimh.nih.gov/healthinformation/depoldermenu.cfm>. Accessed July 5, 2007.
4. WebMD. “Depression - Symptoms.” Available at: <http://www.webmd.com/depression/tc/depression-symptoms>. Accessed June 14, 2007.

