

5-MINUTE SELF-TEST FOR DEPRESSION-

15. People were unfriendly.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

16. I did not enjoy life.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

17. I had crying spells.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

18. I felt sad.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

19. I felt that people disliked me.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

20. I could not get "going."

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

The self-evaluation is easy to score—simply add up the numbers. Your total will be somewhere between 0 and 60. This test is merely an aggregation of the core symptoms of depression. The higher the number, the more likely that you are depressed. It's vital to realize, how-

ever, that a high score is *not the same thing as a professional diagnosis of major, or clinical, depression*. Instead, what it indicates is a "snapshot" of your level of depression *right now*. Some individuals with high scores are not, in fact, suffering from clinical depression, and some individuals with low scores can still be suffering from a "depressive disorder." A thorough diagnosis of depression—by a qualified psychiatrist or psychologist (see the referral guidelines in chapter 25)—takes into account how long you've had each symptom and whether the symptoms may be attributable to some primary source other than depression.

Here is a general interpretation of the scoring results: A score of 0 to 9 places you in the nondepressed range, below the mean (tested average score) of American adults. 10 to 15 suggests mild depression. 16 to 24 indicates moderate depression. If you scored over 24, there is a good chance that, right now, you are severely depressed. If you scored in this range—25 or higher—we *urge you to seek a diagnosis and possible treatment by a psychiatrist or psychologist*. If you feel suicidal—that is, if you feel you would kill yourself if you had a chance—*seek help from a mental health professional immediately, regardless of the scores you had on the other answers*. If you scored in the moderately depressed range, we suggest taking the test again in two weeks and again in a month. If you still score in this 16-to-24 range, we urge you to make an appointment with a mental health professional.

Note: As we grow older, "masked" or unrecognized depression (with complaints of aches and pains, listlessness and other symptoms that are often attributed to "aging" or hypochondria) are common. But it is never normal to feel unhappy day after day simply because you're growing older. Get medical attention. Treatment options may be as simple as cognitive psychotherapy, new coping skills, exercise or daily exposure to medically prescribed bright lights (which, in some cases, have proven very effective for depressions that are triggered or aggravated by what is called seasonal affective disorder, or SAD). Other cases of depression require individually tailored medication or counseling.

5-MINUTE SELF-TEST FOR DEPRESSION

For a thorough yet quick indication of how depressed you may be, here's a simple test—called the CES-D (Center for Epidemiological Studies—Depression)—that only requires about 5 minutes to complete. It was developed by Lenore Radloff, Ph.D., at the Center for Epidemiological Studies of the National Institute of Mental Health in Rockville, Maryland. Mark the answer that best describes how you have felt *over the past week*.

1. I was bothered by things that usually don't bother me.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

2. I did not feel like eating; my appetite was poor.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

3. I felt that I could not shake off the blues even with help from my family and friends.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

4. I felt I was not as good as other people.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

5. I had trouble keeping my mind on what I was doing.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

6. I felt depressed.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

7. I felt that everything I did was an effort.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

8. I felt hopeless about the future.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

9. I thought my life had been a failure.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

10. I felt fearful.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

11. My sleep was restless.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

12. I was unhappy.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

13. I talked less than usual.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)

14. I felt lonely.

- 0 Rarely or none of the time (less than 1 day)
- 1 Some or a little of the time (1 to 2 days)
- 2 Occasionally or a moderate amount of time (3 to 4 days)
- 3 Most or all of the time (5 to 7 days)