

Depression Checklist

To find out if you, or someone you know may have depression, complete the checklist below.

For more than **TWO WEEKS** have you:

Tick if
Yes

1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?

If you answered 'YES' to either of these questions, complete the symptom checklist below. If you did not answer 'YES' to either of these questions, it is unlikely that you have a depressive illness.

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3. Lost or gained a lot of weight? OR
Had a decrease or increase in appetite?
 4. Sleep disturbance?
 5. Felt slowed down, restless or excessively busy?
 6. Felt tired or had no energy?
 7. Felt worthless? OR
Felt excessively guilty? OR
Felt guilt about things you should
not have been feeling guilty about?
 8. Had poor concentration? OR
had difficulties thinking? OR
Were very indecisive?
 9. Had recurrent thoughts of death?

Add up the number of ticks for your score: _____

What does your score mean?

(assuming you answered 'YES' to question 1 and/or question 2)

4 or less: Unlikely to have a depressive illness

5 or more: Likely to have a depressive illness

For further assessment, or if you are concerned about any of these symptoms, please consult a doctor or another health professional.

References: American Psychiatric Association, Diagnostic and statistical manual of mental disorders. 4th ed (DSM-IV. Washington, DC: APA. 1994, and International classification of diseases and related health problems, 10th revision, Geneva, World Health Organisation, 1992-1994.

For more information about depression, visit the beyondblue website at www.beyondblue.org.au

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www.seafarerhelp.org

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