

## Signs and Symptoms of Depression

0 = Not at all; never. 1 = sometimes; a little. 2 = Moderately. 3 = strongly; nearly all the time.

Rating	Symptoms
	<p style="text-align: center;"><b><u>Cardinal Symptoms of Depression</u></b></p> <p>_____ Anhedonia Have you experienced a reduction in or absence of positive emotions, like enthusiasm, interest, love or joy?</p> <p>_____ Depressed mood Have you been feeling more gloomy or miserable in your mood? For how long now?</p> <p style="text-align: center;"><b><u>Other Symptoms</u></b></p> <p>_____ Anergia Have you felt tired or lethargic during the day?</p> <p>_____ Amotivation Have you found it difficult to get going with tasks or to get motivated to do things?</p> <p>_____ Cognitive Slowing Have you found it harder than usual to concentrate, plan or make decisions?</p> <p>_____ Change in sleep Have you had trouble with sleep? Do you find it hard to sleep early in the night, or the middle, or early in the morning? .....</p> <p>_____ Change in appetite Have you noticed that your appetite has been <i>reduced</i>? Alternately, have there been times that you have been <i>over-eating</i>?</p> <p>_____ Worthlessness Have you found yourself more self-critical in thinking? Have you felt useless or a burden?</p> <p>_____ Reduced libido Have you noticed that your interest in sex is less than is usual for you?</p> <p>_____ Increased irritability Would you say that you are more impatient or irritable or easily angered than usual?</p> <p>_____ Anxiety and loss of confidence Have you found yourself worrying more than usual, or anxious about things?</p> <p>_____ Withdrawal: Have you felt that you want to stay away from people?</p>

	<b><u>High Risk Symptoms</u></b>
_____	Hopelessness Have you been feeling like things will never get better?
_____	Suicidal ideas Have you noticed thoughts about death or wanting to be free from all this pain coming to your mind? Tell me about that?.....
_____	How often do these thoughts come to mind?
_____	Suicidal Intent Do you feel like you want to on those thoughts?
_____	Do you think that you might act on those thoughts?
	What sort of plans have you started to make? .....

Instructions and Guidelines for use

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If a patient scores greater than 8 and has been experiencing these symptoms for greater than 2 weeks, this is a sign of serious depression. You may wish to refer to a psychiatrist or fully qualified clinical psychologist

If a patient scores between 1-8 and has been experiencing these symptoms for less than 2 weeks then it is advisable to monitor and reassess in another two to three weeks. Your patient may benefit from some psycho-education about depression at this initial stage.

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If a patient responds to any of these questions, then a closer assessment is warranted and a referral to a clinical psychologist with experience in mental health could be helpful to clarify risk and develop a safety management plan while also starting treatment for depression.

If you want to discuss treatment with a fully qualified psychologist, you can call  
 Basten & Associates, Clinical Psychologists on 9891-1766.  
 Chatswood Sydney Westmead