Stress Management Training S4.aa

Session Four

***Depression Questionnaire/Answer Sheet***

Scores for Questions 1 – 21

Sadness: 1a = 0 1b = 1 1c = 2 1d = 2 1e = 3

Pessimism: 2a = 0 2b = 1 2c = 2 2d = 2 2e = 3

Sense of Failure: 3a = 0 3b = 1 3c = 2 3d = 2 3e = 3

Dissatisfaction: 4a = 0 4b = 1 4c = 1 4d = 2 4e = 3

Guilt: 5a = 0 5b = 1 5c = 2 5d = 2 5e = 3

Expectation of Punishment: 6a = 0 6b = 1 6c = 2 6d = 3 6e = 3

Self-dislike: 7a = 0 7b = 1 7c = 1 7d = 2 7e = 3

Self-accusations: 8a = 0 8b = 2 8c = 2 8d = 3

Suicidal ideas: 9a = 0 9b = 1 9c = 2 9d = 2 9e = 3 9f = 3

Crying: 10a = 0 10b = 1 10c = 2 10d = 3

Irritability: 11a = 0 11b = 1 11c = 2 11d = 3

Social Withdrawal: 12a = 0 12b = 1 12c = 2 12d = 3

Indecisiveness: 13a = 0 13b = 1 13c = 2 13d = 3

Body Image: 14a = 0 14b = 1 14c = 2 14d = 3

Work retardation: 15a = 0 15b = 1 15c = 1 15d = 2 15e = 3

Insomnia: 16a = 0 16b = 1 16c = 2 16d = 3

Fatigue; 17a = 0 17b = 1 17c = 2 17d = 3

Anorexia: 18a = 0 18b = 1 18c = 2 18d = 3

Weight loss: 19a = 0 19b = 1 19c = 2 19d = 3

Somatic preoccupation: 20a = 0 20b = 1 20c = 2 20d = 3

Libido: 21a = 0 21b = 1 21c = 2 21d = 3

Add up the scores

**Score 0 - 7** Not suffering from depression.

**Score 7 - 25** Mild to moderate depression, possibly reacting to life circumstances. If the depression appears to be clinical, rather than reactive, advise the Client to consult their Doctor.

**Score 25 - 30** More serious depression, strongly advise the Client to consult their Doctor.

**Score over 30** Seriously depressed. The Client should seek medical help as soon as