

****If you feel like hurting yourself / suicidal, please go directly to ER or call 911****

LIFEBACK DEPRESSION SELF-EVALUATION SCREEN

Over the last 2 weeks, please rank (0 – not at all), (1 – several days), (2 – more than ½ the days), or (3 – nearly daily), how often you have experienced the following symptoms:

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|---|-------------|
| 1. Little interest or pleasure in doing things? | Rank: _____ |
| 2. Feeling down, depressed, or hopeless? | Rank: _____ |
| 3. Trouble falling asleep, staying asleep, or sleeping too much? | Rank: _____ |
| 4. Feeling tired or having little energy? | Rank: _____ |
| 5. Poor appetite, or over-eating? | Rank: _____ |
| 6. Feeling bad about yourself – that you are a failure, or that you have let yourself or your family down? | Rank: _____ |
| 7. Trouble concentrating on things, such as Reading the newspaper or watching TV? | Rank: _____ |
| 8. Moving or speaking so slowly that other People have noticed? Or the opposite, being moody, fidgety, or restless? | Rank: _____ |
| 9. Thoughts that you would be better off dead, or of hurting yourself? | Rank: _____ |

*** If you answered "yes" to any of the questions, please rank how much these feeling(s) have effected:

- | | |
|--|-------------|
| • your work | Rank: _____ |
| • your ability to complete tasks | Rank: _____ |
| • your ability to "get along with others"? | Rank: _____ |

(1 – not difficult at all), (2 – somewhat difficult), (3 – very difficult), (extremely difficult)

"level" of

Total Ranking Score: _____

If your total score is 4 or more, you may have some "level" of depression. We encourage to make an appointment for a formal depression screen and evaluation.

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Depression: Major depression is also called: clinical depression. It is a mood disorder causing a persistent feeling of sadness and loss of interest. It is very common, with more than 3 million US cases per year. It is treatable by medical and mental health professionals, and can frequently be resolved within months.

The causes of depression, range from brain chemistry to life events. The persistent feeling of sadness or loss of interest that characterizes major depression can lead to a range of emotional and physical conditions. Antidepressant medications and psychotherapy can treat depression. Talk (cognitive-behavioral therapy) therapies are often helpful, too.

Typically depression does not affect persons under age 6. The most common symptoms require a medical diagnosis. They usually include: persistent feelings of sadness or loss of interest, mood: apathy, boredom, general discontent, guilt, hopelessness, inability to feel pleasure, loneliness, loss of interest, mood swings, sadness, or emotional distress. Cognitively speaking, symptoms include: lack of concentration, slowness in activity and thought, or thoughts of suicide. Behaviorally, symptoms include: agitation, excessive crying, irritability, self-harm, or social isolation, early awakening, excess sleepiness, insomnia, or restless sleep. Psychological symptoms include: depression, anxiety, or repeatedly going over worries, fears, and the past. Physiological symptoms can include: excessive hunger, fatigue, or loss of appetite, weight gain or weight loss; also common: poor appetite, restlessness, or substance abuse

Depression is typically very responsive to treatment with antidepressant medications and a course of psychotherapy. The following are names of the most common medications used to treat depression: Escitalopram (Lexapro), Selegiline (Eldepryl), Aripiprazole (Abilify), Bupropion (Wellbutrin), Imipramine (Tofranil-PM), Paroxetine (Paxil), Desvenlafaxine, Fluoxetine (Prozac), Trazodone (Desyrel), Nortriptyline (Pamelor), Buspirone, Amitriptyline, Fluvoxamine, Citalopram (Celexa), Venlafaxine (Effexor), Mirtazapine (Remeron), Sertraline (Zoloft), & Duloxetine (Cymbalta).

The most common psychotherapy treatments include: CBT (cognitive-behavioral), psychoeducation therapies: ECT,, Behavior therapy, Family therapy, & Light therapy.

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