
Symptoms Of Depression Checklist

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Considerations

- Not everyone will experience every symptom, some may have a few, while others will have many
- The signs and symptoms of depression can be severe or mild
- The symptoms can vary based on the stage of depression
- The symptoms are not attributable to substance abuse or some other medical condition

Symptoms

5 or more of these symptoms need to be present during the same 2-week period of time, and one of the symptoms *must be either* sadness (very low mood) or a loss of pleasure or interest in daily activities on a daily basis. For a diagnosis of depression, symptoms must cause clinically significant impairment in work, social, and other areas of life.

- ✓ **Persistent depressed mood that lasts at least most of the day and nearly every day**

- ✓ **Marked decrease in interest or pleasure in all, or almost all regular activities for most of the day and nearly every day**
 - Loss of interest in social events, or going to work
 - Loss of interest in sex
 - Inability to feel joy or pleasure
 - Not wanting to get out of bed and do anything

- ✓ **Feelings of hopelessness and helplessness**
 - General bleak or negative outlook
 - The belief that nothing will ever get better or that nothing is good in your life

- ✓ **Anger and irritability**
 - Agitation

- Violent outbursts
- Unexplained rage
- Low tolerance level
- Short temper
- Everything and everyone getting on your nerves

✓ **Self-loathing**

- Feelings of guilt
- Feelings of worthlessness
- Harsh self-criticism

✓ **Decrease in energy levels**

- Extreme fatigue
- Feeling physically drained
- Sluggishness
- The body feels heavy
- Difficulty completing even small tasks

✓ **Thoughts of suicide or death**

✓ **Cognitive Issues**

- Having difficulty making decisions
- Problems with concentration, thinking or focusing on a task

- Problems with memory
- ✓ Having slowness of movement
- ✓ Talking more slowly
- ✓ Unexplained aches and pains not helped by common treatments that have no known or evident cause
 - Body aches
 - Headaches
 - Digestive issues
 - Cramps
- ✓ Restlessness and restless behavior
 - Fidgeting
 - Pacing
 - Inability to sit still
- ✓ Insomnia or sleeping too much almost every day
- ✓ Changes in appetite or weight gain or loss not related to dieting experienced nearly every day
 - Significant weight loss or gain of 5% of body weight in one month

✓ **Reckless behavior**

- Substance abuse or excessive drinking
- Reckless driving
- Compulsive gambling

Getting Help

There are different types of depression conditions, no matter which you might have, depression is a treatable condition, if you have symptoms, call your doctor today.