

# Nine Symptom Depression Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?  
(Please circle your answer.)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Add columns:

+  +

Total score\*:

\*Score is for healthcare provider interpretation.

10. If you circled *any* problems, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?  
(Please circle your answer.)

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

## How to Score

**Further medical assessment for depression is warranted if:**

- Any one of the first 9 symptoms is checked in the shaded area

**AND**

- Question 10 (functional impairment) is checked with **at least** *Somewhat difficult*

## Interpreting the score

Each question is given a numerical value between 0 and 3. Total scores range from 0 to 27. The total score can indicate the potential severity of depression.

<b>Total Score</b>	<b>Depression Severity</b>
1–4	Minimal depression
5–9	Mild depression
10–14	Moderate depression
15–19	Moderately severe depression
20–27	Severe depression