

# **GUIDANCE ASSOCIATES OF PENNSYLVANIA**

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## **Depression Test**

Because the symptoms of depression can appear in many forms, this common and treatable illness often goes undiagnosed and untreated. While no test is conclusive in and of itself, a "yes" answer to any of these questions may indicate depressive illness and the need to consult a physician or mental health professional.

1. Do you sometimes experience vague physical pains or symptoms you can't explain?
2. Have you noticed a change in sleeping patterns, like sleeping more than usual, or having difficulty falling or staying asleep?
3. Have your eating habits changed (overeating or loss of appetite)?
4. Do you sometimes feel anxious or irritable for no apparent reason?
5. Is it difficult to concentrate or remember things?
6. Do you ever feel isolated from family and friends, or lose interest in things which used to give you pleasure (work, sex, social activities)?
7. Have you noticed a loss of self-esteem, the feeling that you are a burden to others, or feelings of indifference?
8. Do you experience unexplainable crying spells or extended periods of feeling "blue," or feel that life is not worth continuing?
9. Have any of these symptoms lasted for two weeks or longer?
10. Have you ever been treated for depression?