

LOOK OK... FEEL CRAP?

Recognising Depression Self Test

Recognising depression isn't always easy. This Patient Health Questionnaire has been created as a quick assessment of your mood and to check if you are showing any of the main signs for depression.

It's not the same as a diagnosis for depression. Only your GP or health professional can do that. If you have been feeling really low and think you might be depressed you should go to your GP. Take the results of this test along with you - you can use them as a starting point in your discussion.

Patient Health Questionnaire*

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead or of hurting yourself in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total checked in each column				
Work out scores for each column	x 0 = 0	x 1 =	x 2 =	x 3 =
Add up the score for each column to make your total score :				

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Results:

0-4 You might be experiencing low mood. Try some of the self-help strategies listed in the Getting Help section on the Look Ok Feel Crap web site:
<http://www.lookokfeelcrap.org>

5-9 You may be showing some signs of mild depression. The important thing is to get help now. Visit your GP or read the resources page on the Look Ok Feel Crap web site: <http://www.lookokfeelcrap.org> to find out about online resources and support organisations that might help.

10-14 You may be showing signs of moderate depression. You should talk to your GP as soon as possible to get the help and support you need. You can get better. It might seem scary, but the best thing you can do is to reach out for help.

14+ You may be showing signs of moderate to severe depression. It is important that you seek help as soon as possible. Your GP can talk with you about the different types of help that they available and what might be the best for you. Take someone along with you as support if you are feeling nervous. If you need urgent help, particularly at night, you can call Samaritans on 08457 90 90 90 and Breathing Space on 0800 83 85 87 straight away.

If you checked off any problems, how difficult have these problems made it for you to keep up with your work or study, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
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If you are finding it difficult to keep up with your normal day-to-day stuff and it is affecting your life, you should talk to someone as soon as you can. This might be your GP, someone you trust like a friend, someone from your family, or contact one of the organisations or helplines on the resources page on the Look Ok Feel Crap web site: <http://www.lookokfeelcrap.org>