

Jamison: Patient Education and Wellness

HANDOUT 14.11: DETECTING DEPRESSION

A depression screening checklist:

- ☐ have you been worried in the past month?
- ☐ have you felt sad or depressed in the past month?
- ☐ have you felt life is not worth living in the past month?
- ☐ do you enjoy activities less than you did a year ago?
- ☐ do you enjoy yourself less than you did due to feeling depressed/nervous?
- ☐ do you feel pessimistic or empty, do you have bleak expectations of life?
- ☐ have you wished to be dead during the last month?
- ☐ are you unhappy?

Professional evaluation is indicated if four or more of the above are present.

See also:

Brief risk assessment

<http://calculators.epnet.com/?docid=healthcalculators/listofcalculators&token=9cc295f8-f3b0-4b15-99b3-beb1e6cbe599&DeliveryContext=healthlibrary&CollectionIID=509>

Depression Calculator <http://www.healthcalculators.org/calculators/depression.asp>

Depression self-assessment http://www.mayoclinic.com/health/depression/MH00103_D

Depression screening

http://www.dbsalliance.org/site/PageServer?pagename=about_depressionscreener

Depression overview

<http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/046.htm>

Adolescent Health Lifestyle Handouts. The Parent Package. <http://www.ama-assn.org/ama/pub/patients/patients.shtml> accessed 23.02.09. See Teens and Depression

Treatment Tips

<http://www.webmd.com/depression/depression-diet-stress-exercise-slideshow>

Video

Winter depression <http://www.webmd.com/video/seasonal-affective-disorder-one-womans-struggle>

Elderly depression <http://www.webmd.com/video/elderly-depression>

Teen depression <http://www.webmd.com/video/depression-in-teens>

Teen Suicide Risk Assessment Calculator

http://www.healthcalculators.org/calculators/teen_suicide.asp