

Online Depression Screening Test

Check the appropriate boxes.

FOR MORE THAN TWO WEEKS:	Never	Rarely	Sometimes	Very Often	Most of the time
1. Do you feel sad, blue, unhappy or "down in the dumps"?					
2. Do you feel tired, having little energy, unable to concentrate?					
3. Do you feel uneasy, restless or irritable?					
4. Do you have trouble sleeping or eating (too little or too much)?					
5. Do you feel that you are not enjoying the activities that you used to?					
6. Do you feel that you have lost interest in sex or are you experiencing sexual difficulties?					
7. Do you feel that it takes you longer than before to make decisions or unable to concentrate?					
8. Do you feel inadequate—like a failure— or that nobody likes you anymore?					
9. Do you feel guilty without a rational reason, or put yourself down?					
10. Do you feel that things always go or will go wrong no matter how hard you try?					

Disclaimer

ODST is a preliminary screening test for depressive symptoms that does not replace in any way a formal psychiatric evaluation. It is designed to give a preliminary idea about the presence of mild to moderate depressive symptoms that indicate the need for an evaluation by a psychiatrist.