

Depression Symptoms Checklist*

Zoloft[®]
(sertraline HCl)

If you think you might have depression symptoms, this checklist can help you talk about your concerns with your doctor.

Just print this page, answer the questions and take the finished checklist to an appointment with a doctor or other healthcare professional. Your answers can help your doctor determine if you have depression.

Over the past two weeks, how often have you been bothered by any of the following problems?

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

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If you checked "several days" or more for questions 1 or 2 and some of the other problems, discuss your answers with your doctor. Only a doctor can diagnose depression. Having repeated thoughts of death or suicide is the most serious symptom of depression.

If you checked "several days" or more for question 9 (thinking that you would be better off dead or wanting to hurt yourself), please **immediately** speak to your doctor, a friend, a family member, or anyone else who can help you immediately. If you're seriously thinking about hurting yourself and no one is around, go to your local hospital emergency room. Help is all around you. You just have to ask.

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This checklist is intended only for the purpose of identifying symptoms of depression and is not designed to provide a diagnosis or treatment. Only a doctor or other qualified healthcare professional can make a diagnosis of depression or determine a treatment plan.

