



Major Depressive Disorder Checklist

Are you experiencing any of the following symptoms for a period of at least two weeks? Are they causing some impairment in functioning?

depressed mood and or loss of interest in activities

Are you experiencing additional symptoms nearly every day?

increased or decreased sleep

inappropriate guilt or feelings of worthlessness

poor concentration or indecisiveness

increased or decreased appetite or significant weight

loss not due to dieting

psychomotor agitation or retardation

recurrent thoughts of death

fatigue or loss of energy

Symptoms identified in the checklist above were taken from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Washington, DC, American Psychiatric Publishing, 2013.