



PRAIRIE MOUNTAIN HEALTH

## Are you depressed?

Please read each statement and circle a number, 0, 1, 2, or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on each statement.

The rating scale is as follows:

- 0 – Did not apply to me at all
- 1 – Applied to me to some degree, or some of the time
- 2 – Applied to me a considerable degree, or a good part of the time
- 3 – Applied to me very much, or most of the time

- |   |                |
|---|----------------|
| 1. I couldn't seem to experience any positive feeling at all    | 0 1 2 3        |
| 2. I just couldn't seem to get going                            | 0 1 2 3        |
| 3. I felt I had nothing to look forward to                      | 0 1 2 3        |
| 4. I felt sad and depressed                                     | 0 1 2 3        |
| 5. I felt that I had lost interest in just about everything     | 0 1 2 3        |
| 6. I felt I wasn't worth much as a person                       | 0 1 2 3        |
| 7. I felt that life wasn't worthwhile                           | 0 1 2 3        |
| 8. I couldn't seem to get any enjoyment out of the things I did | 0 1 2 3        |
| 9. I felt down-hearted and blue                                 | 0 1 2 3        |
| 10. I was unable to become enthusiastic about anything          | 0 1 2 3        |
| 11. I felt I was pretty worthless                               | 0 1 2 3        |
| 12. I could see nothing in the future to be hopeful for         | 0 1 2 3        |
| 13. I felt that life was meaningless                            | 0 1 2 3        |
| 14. I found it difficult to work up the initiative to do things | <u>0 1 2 3</u> |

Flip over to see what your score means! Grand Total \_\_\_\_\_

Reference: Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety Stress Scales. (2nd Ed) Sydney: Psychology Foundation.



[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)



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## What does your score mean?

0 – 9 – This is a normal level of depression. Continue to monitor your stress levels to make sure you can manage everything life throws your way.

10 – 13 – This is a mild level of depression. Monitor your stress level to make sure it doesn't go higher. Try to minimize your stress using relaxation techniques (see Teen Health Clinic handout "Decreasing your stress") or by doing something you enjoy.

14 – 20 – You have a moderate level of depression. It may be helpful to talk with someone about these feelings. High levels of depression can lead to other mental health problems such as anxiety.

21 – 27 - You have a severe level of depression. You have probably noticed an interference in different areas of your life such as school, home, relationships and work. Use the resources below to talk to someone that can help. You can always stop by the Teen Health Clinic while they are in your school.

28 + - This is an extremely severe level of depression. Talk to someone you trust right away to help you. There are people who can help, and you do not have to go through this alone. The resources listed below are a good place to start. You can also talk to your doctor or nurse practitioner, parent, guidance counselor - or stop by the Teen Health Clinic. Take your health seriously and talk to a professional right away.

## Where to get help

Date of Issue: August 2014  
Date of Revision:

**PMH263**

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