

MAJOR DEPRESSIVE DISORDER SYMPTOM CHECKLIST

Name: _____ Date of Birth _____ Age _____ Date: _____

I. Emotional Domain Symptoms:

IV: Past History

Severe	Moderate	Mild	None	****DEFINITIONS: <u>Mild</u> - noticeable to yourself, on & off frequency, usually able to ignore or "fight it" and function reasonably/or may or may not be observable by people who know you. <u>Moderate</u> – clearly abnormal and frequent, close people would see that something is different or wrong, still can function with effort although not as well. <u>Severe</u> – daily or hourly, very different than your own norm, painful/miserable, significantly interferes with regular functioning.
3	2	1	0	1. Sadness – down, blue, maybe tearful
3	2	1	0	2. Anhedonia – pleasureless, difficulty enjoying usual fun things
3	2	1	0	3. Apathy – flat, uncaring, unmotivated
3	2	1	0	4. Anxiety – worried, nervous, stressed, maybe "anxiety attacks", avoidant, dread
3	2	1	0	5. Irritability – edgy, easily frustrated, snappy, may be a more internal perception of anger
3	2	1	0	6. Feeling Guilty – exaggerated beyond what one could expect
3	2	1	0	7. Feeling Helpless
3	2	1	0	8. Feeling Hopeless
3	2	1	0	9. Feeling Worthless
				SUBTOTAL OF ALL POINTS IN THIS SECTION

1. In your lifetime, approximately how many (2 weeks or more) depressions with a majority of these symptoms have you had?

At what approximate ages?

2. Do you have any "blood related" relatives who have had depression, anxiety problems, OCD, Bipolar Disorder, addictions, ADHD, schizophrenia?

(Yes / No)

If yes, which relatives with which disorder?

II. Cognitive Domain Symptoms:

3	2	1	0	1. Diminished concentration/attention/focus – preoccupied with own mood, pain and problems making it difficult to work, read, finish tasks
3	2	1	0	2. Poor short-term memory – especially memorizing information and spatial Memory problems
3	2	1	0	3. Slowed, sluggish thought flow – trouble accessing words, problem solving ideas, etc
3	2	1	0	4. Distorted, overly negative, pessimistic and/or self-critical thinking
3	2	1	0	5. Repetitive, obsessive thoughts – usually worry thoughts
3	2	1	0	6. Indecisive thinking – poor at pro/con analysis and low confidence in decisions, frequent doubt thoughts
3	2	1	0	7. Thinking you are spacy, foggy, confused, or "losing it" mentally
3	2	1	0	8. "Run away from it all" thoughts, wanting to avoid and withdraw, "give up thoughts"
3	2	1	0	9. Suicidal thoughts, intentions, plans, or behaviors
				SUBTOTAL OF ALL POINTS IN THIS SECTION

3. Have you ever had any periods of "highs" – abnormally intense moods (euphoria or irritability) with concurrent racing thoughts, hyperactivity, and decreased need for sleep – or been diagnosed or treated for Bipolar disorder?

(Yes / No)

4. Have you ever been treated with medication for depression, OCD, anxiety, Bipolar Disorder, addictions, ADHD, Schizophrenia?

(Yes / No)

If yes, which medications? What age were you? How did you respond?

III. Physical and Behavioral Domain Symptoms:

3	2	1	0	1. Sleep problems – initial insomnia, interrupted sleep, early morning awakening or at times sleeping too much and still feeling sleepy
3	2	1	0	2. Appetite changes – usually less desire to eat, "queasy," less interest in taste, perhaps associated weight loss, occasionally increased appetite with "nervous" eating and weight gain
3	2	1	0	3. Muscular fatigue and more sedentary underactive behavior, at times maybe restless and agitated
3	2	1	0	4. Increased pain complaints – headaches, back pain, neck pain, extremity/ joint pain, chest pain, pelvic pain, abdominal pain, general pain
3	2	1	0	5. Decreased sexual interest and decreased enjoyment of sexual activity
				SUBTOTAL OF ALL POINTS IN THIS SECTION
				TOTAL OF POINTS FROM SECTION I, II, AND III