

## Evaluation of Depression

What is Depression?

It is the inability to do the things you need to do in daily living caused by a chemical imbalance in the brain.

How does it manifest itself?

In order to gain the insight I have prepared a questionnaire. Please answer it honestly and from your perspective.

	Yes	No
1. When I am depressed I feel as if I am in a dark hole		
2. When I am depressed I feel tired all the time		
3. When I am depressed I feel lethargic and do not want to do anything		
4. When I am depressed I feel aggressive		
5. When I am depressed I feel useless and good for nothing		
6. When I am depressed I don't want to socialise with others		
7. When I am depressed I lose my appetite		
8. When I am depressed I tend to binge eat		
9. When I am depressed I feel grumpy		

Evaluate yourself on the scale below:

