

## **HOW PSYCHOLOGICALLY HEALTHY ARE YOU??????**

**Given below are a few questions that you can try for yourself. Please mark them as YES or NO.**

1. Do I feel sad and depressed most of the day, nearly every day (e.g. feeling sad or empty) or have others been commenting that you appear to cry more easily than usual.
2. Do I experience less or no interest or pleasure in all or almost all of the activities of the day? (especially with things that I did enjoy earlier)
3. Have I been gaining or losing significant amounts of weights though I am not on a diet?
4. Am I losing sleep or sleeping much more than usual?
5. Do I feel very tired or feel a loss of energy every day.
6. Do I feel mostly feel that I am of no importance to my loved ones or have I been feeling as if I have done something terribly wrong (as if I am worthless or guilty)?
7. Am I able to think less clearly than before/concentrate less than I used to/ or feel unable to make decisions?
8. Have I been thinking a lot about death or ending my life? Have I found myself thinking over plans to end my life or tried doing so?

**If you have marked yes to at least 5 of the above for a fairly long period of time (few weeks), of which at least one out of points 1 or 2 are included then you may be suffering from significant depression and you must consult a professional about this.**

\*Note the above checklist is prepared directly for the DSM-IV TR criteria for depression