

DEPRESSION CHECKLIST
St. Matthew's Institute for
Healing & Intentional Growth
336 760-1780

Date _____ Client _____ Counselor _____

Common Symptoms of Mild Depression

- Known precipitant, degree of depression seems appropriate to the precipitating event
- Increased medical complaints; increased sensitivity to pain
- Sleeping difficulties, especially *initial insomnia* (difficulty falling asleep)
- Appetite increase or decrease
- Family history of depression variable
- Usually self-limiting (duration of depression relates to seriousness of the precipitating event)
- Usually feels best in the morning, and mood worsens as the day goes on

Common Symptoms of Major Depression

- Cause often unknown, or degree of depression seems excessive for the situation
- Increased medical complaints, increased sensitivity to pain
- Sleeping difficulties, frequently *early morning insomnia* (waking up 2 or 3 hours before normal and being unable to get back to sleep), *middle insomnia* (interrupted sleep, increased dream activity or nightmares), or *hypersomnia* (sleeping much longer than normal).
- Usually reduced appetite. The person complains of little desire to eat, and that food has lost its taste. Some people develop carbohydrate (junk food) cravings.
- Often family history is positive for major depression (siblings, parents, grandparents, aunts or uncles).
- Duration and intensity of depression seem out of proportion to the problem. May have had chronic depression or several cycles of major depression before.
- Usually feels worst in the mornings and feels a little better as the day goes on.
- Anxiety and agitation
- Lack of energy
- Lack of enjoyment of previously pleasurable things. *Note:* Sometimes major depression manifests itself primarily with either this symptom or lack of energy, without depression being the predominant symptom.
- Problems in sexual functioning or lack of interest in sex
- Psychomotor retardation (person either is slowed down or imagines that he/she is).
- Loss of interests; discontinues involvement in hobbies and other things he/she once enjoyed
- Loss of self-esteem
- Hostility or irritability (person has a short temper); the person feels more irritable. Depending on personality style, may or may not express irritability
- Poor communication (person becomes more withdrawn into himself/herself).
- Thoughts of suicide or death-wishing (wishing that death would come)
- Dysphoria – cannot get away from the negative frame of mind