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Name: _____ Today's Date: _____

Directions: Please circle the answer that best describes how you have felt over the past 7 days. To score your answers, add up the value of the circled numbers and total them. If the total score is between 9 and 13 it may indicate the presence of depression. A score of 14 or above indicates the presence of depression. This is only a screening tool, your results should be talked over with your doctor to explore your symptoms further and determine a course of action for treatment.

1. I have been able to laugh and see the funny side of things.
0 As much as I always could 1 Not quite so much now
2 A lot less than I used to 3 Not at all

2. I have looked forward with enjoyment to things.
0 As much as I ever did
1 Somewhat less than I used to
2 A lot less than I used to
3 Hardly at all

3. I have blamed myself unnecessarily when things went wrong.
0 No, not at all 1 hardly ever
2 Yes, sometimes 3 Yes, very often

4. I have been anxious or worried for no good reason.
3 Yes, often 2 Yes, sometimes
1 No, not much 0 No, not at all

5. I have felt scared or panicky for no good reason.
3 Yes, often 2 Yes, sometimes
1 No, not much 0 No, not at all

6. Things have been too much for me.
3 Yes, most of the time I haven't been able to cope at all
2 Yes, sometimes I haven't been coping as well as usual
1 No, most of the time I have coped well
0 No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping.
3 Yes, most of the time 2 Yes, sometimes
1 No, not very often 0 No, not at all

8. I have felt sad or miserable.
3 yes, most of the time 2 Yes, sometimes
1 Only occasionally 0 No, not at all

9. I have been so unhappy that I have been crying.
3 Yes, most of the time 2 Yes, quite often
1 Only occasionally 0 No, never

10. The thought of harming myself has occurred to me.
3 Yes, quite often 2 Sometimes
1 Hardly ever 0 Never