

Goldberg Depression Questionnaire

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Use this questionnaire to help determine if you need to see a mental health professional for diagnosis and treatment of depression, or to monitor your mood.

Instructions: You might reproduce this scale and use it on a weekly basis to track your moods. It also might be used to show your doctor how your symptoms have changed from one visit to the next. Changes of **five or more points** are significant. This scale is not designed to make a diagnosis of depression or take the place of a professional diagnosis. *If you suspect that you are depressed, please consult with a mental health professional as soon as possible.*

The 18 items below refer to how you have felt and behaved **during the past week**. For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

1. I do things slowly.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. My future seems hopeless.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. It is hard for me to concentrate on reading.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. The pleasure and joy has gone out of my life.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

5. I have difficulty making decisions.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I have lost interest in aspects of life that used to be important to me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I feel sad, blue, and unhappy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. I am agitated and keep moving around.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I feel fatigued.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. It takes great effort for me to do simple things.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I feel that I am a guilty person who deserves to be punished.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I feel like a failure.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I feel lifeless -- more dead than alive.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. My sleep has been disturbed -- too little, too much, or broken sleep.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. I spend time thinking about *HOW* I might kill myself.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I feel trapped or caught.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

17. I feel depressed even when good things happen to me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

18. Without trying to diet, I have lost, or gained, weight.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much