

DEPRESSION STICKERS

SYMPTOMS		MR# _____
Depressed mood most of the day, nearly every day (sad, moody, tearful, crying, depressed, despondent)		Date:
Markedly diminished interest or pleasure in almost all activities (bored, apathy, poor motivation)		Name:
Significant weight loss/gain (when not dieting)		
Insomnia/Hypersomnia		
Psychomotor agitation/retardation (shakiness, anxious, crabby, angry, temper)		Medication/Dose:
Fatigue or loss of energy (malaise, underproductive)		
Feeling of worthlessness or excessive guilt (discouraged, negativism, hopeless)		Comments:
Diminished ability to think or concentrate (indecisive, forgetful, trouble coping, overwhelmed)		
Recurrent thoughts of death or suicide		

To make the diagnosis of Major Depression, five of the above nine symptoms must be present for two continuous weeks.