



## **Are you OK? A Depression Screening**

**Senior Renewal  
St. Joseph's Hospital in Breese  
526-5699 or [hradford@sjb.hshs.org](mailto:hradford@sjb.hshs.org)**

It's normal to feel sad or upset occasionally or to be unhappy with specific situations. However, if these feelings linger for weeks, months or even years, you or someone you love may be experiencing depression.

Depression is a medical illness that involves the mind and body. Depression can affect thinking and behavior and cause a variety of emotional and physical problems but help is available.

Below are 12 yes or no questions. This is not a diagnostic tool but if you or someone you love can answer yes to one or more of these statements, you may wish to show this quiz and answers to your family physician. With effective treatment, most people with depression feel better and return to the daily activities they previously enjoyed.

If you or someone you love have thoughts of suicide, seek medical help immediately!

Read the questions below and check those that apply to you or someone you love:

- 1) \_\_\_\_\_ I feel sad or irritable.
- 2) \_\_\_\_\_ I feel tired all of the time.
- 3) \_\_\_\_\_ I feel hopeless and/or helpless.
- 4) \_\_\_\_\_ I feel worthless, useless and/or guilty.
- 5) \_\_\_\_\_ I have noticed changes in my appetite or weight.
- 6) \_\_\_\_\_ I have noticed changes in my sleep pattern.
- 7) \_\_\_\_\_ I am not interested in the activities I once enjoyed.
- 8) \_\_\_\_\_ I have difficulty concentrating or making decisions.
- 9) \_\_\_\_\_ I feel restless.
- 10) \_\_\_\_\_ I cry for no apparent reason.
- 11) \_\_\_\_\_ I have unexplained physical problems.
- 12) \_\_\_\_\_ I have thoughts of death or suicide.

If you or someone you love answered yes to one or more of these statements, you may wish to show this quiz to your family physician and start on the path to depression-free living today.

For more information, contact your family physician or Senior Renewal at St. Joseph's Hospital in Breese: 526-5699 or [hradford@sjb.hshs.org](mailto:hradford@sjb.hshs.org).