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Wakefield Self-Report Questionnaire

A Quick Depression Questionnaire For Determining If You Have the Symptoms of Depression

Instructions: Circle the answer that best describes how you honestly feel right now. Instructions for evaluating your score come after the questions. Don't read them until you're through. This help you in making an honest self-assessment.

If you'd rather take this test online, click the below URL or copy and paste it in your Internet browser:

<http://www.zentactics.com/depression-questionnaire.html>.

1. I feel miserable and sad.
 - (0) No, not at all
 - (1) No, not much
 - (2) Yes, sometimes
 - (3) Yes, definitely

2. I find it easy to do the things I used to do.
 - (0) Yes, definitely
 - (1) Yes, sometimes
 - (2) No, not much
 - (3) No, not at all

3. I get a very frightened or panicky-feeling for no apparent reason at all.
 - (0) No, not at all
 - (1) No, not much
 - (2) Yes, sometimes
 - (3) Yes, definitely

4. I have weeping spells, or feel like it.

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- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

5. I still enjoy the things I used to.

- (0) Yes, definitely
- (1) Yes, sometimes
- (2) No, not much
- (3) No, not at all

6. I am restless and can't keep still.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

7. I get off to sleep restfully without sleeping tablets.

- (0) Yes, definitely
- (1) Yes, sometimes
- (2) No, not much
- (3) No, not at all

8. I feel anxious when I go out of the house on my own.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

9. I have lost interest in things.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

10. I get tired for no reason.

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- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

11. I am more irritable than usual.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

12. I wake early and then sleep badly for the rest of the night.

- (0) No, not at all
- (1) No, not much
- (2) Yes, sometimes
- (3) Yes, definitely

TOTAL SCORE: _____

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How To Determine Your Score From This Depression Questionnaire

Add up the numbers selected for each of the 12 items. If you scored 15 or higher, consider consulting a doctor or medical professional of some kind. You should know that most non-depressed test takers score somewhere between 0 and 14, whereas most depressed test takers score 15 or higher.

Even if your score is lower than 15, consider consulting a doctor if you feel severely distressed. You can repeat this depression questionnaire after two weeks, and if your score is still lower than 15 but increasing, then you should strongly consider seeing a doctor or other mental health professional.

*The Wakefield Self-Report Inventory was primarily developed by Dr. R.P. Snaith.