

# DEPRESSION QUESTIONNAIRE

## the Goldberg Depression Questionnaire, a Screening Test for Depression

This 18-question self-test by pioneering researcher Dr Ivan K Goldberg highlights signs and symptoms associated with depression.

To complete the questionnaire, please tick the box next to the selection which best reflects how each statement applies to you. Be sure to choose the statement that applies to how you have felt and behaved during the past week.

**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 my 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. I'm getting too much, too little or not enough restful 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

### About Scoring this Psychological Questionnaire

#### Scoring:

- 0 points Not at all
- 1 point Just a little
- 2 points Somewhat
- 3 points Moderately
- 4 points Quite a lot
- 5 points Very much

#### Screening test scoring ranges:

- 0-9 No Depression Likely
- 10-17 Possibly Mildly Depressed
- 18-21 Borderline Depression
- 22-35 Mild-Moderate Depression
- 36-53 Moderate-Severe Depression
- 54 and up Severely Depressed