



Name:	
Date:	

DEPRESSION ASSESSMENT

	Never										Always									
I struggle with depression daily.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have crying spells or feel like crying.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I am tired often for no apparent reason.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I am hopeful about the future God has for me.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I currently take medication for depression.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I am afraid of God's perspective of me.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I isolate myself as a result of my depression.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
There are questions I have about God I struggle to answer.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I struggle to concentrate like I used to.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Others notice when I am struggling with depression.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I run to God in prayer when I am depressed.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I often think about a past traumatic event in my life.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I continuously think about how I feel.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I doubt whether I am a true believer in Christ	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
My struggle with depression is connected with fear and anxiety.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
My mind races with thoughts throughout the day.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
My appetite is affected by depression	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have thoughts about death or suicide.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I wonder if I will ever be happy with my life.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

Short Answer:

What activities (if any) do you avoid now that you once used to enjoy?

What are the ways you have sought to deal with depression?

What are the reasons you believe depression is a struggle for you?

If you had any previous counseling, what did you learn regarding the struggle with depression.