Sphere Questionnaire

For more than TWO WEEKS have you:
1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?

If you answered "YES" to either of these questions, complete the symptom checklist below

Behaviours	
1.	Stopped going out
2.	Not getting things done at work
3.	Withdrawn from close family and friends
4.	Relying on alcohol and sedatives
5.	Stopped doing things you enjoy
6.	Unable to concentrate
Thoughts	
7.	"I'm a failure"
8.	"It's my fault"
9.	"Nothing good ever happens to me"
10.	"I'm worthless"
11.	"Life is not worth living"
Feelings	
12.	Overwhelmed
13.	Unhappy, depressed
14.	Irritable
15.	Frustrated
16.	No confidence
17.	Guilty
18.	Indecisive
19.	Disappointed
20.	Miserable
21.	Sad
Physical	
22.	Tired all the time
23.	Sick and run down
24.	Headaches and muscle pains
25.	Churning gut
26.	Can't sleep
27.	Poor appetite/weight loss

What does my score mean?
If you scored **3** or more of the above symptoms, you probably have a depressive illness

What should I do about my score?
It is important to note that this checklist provides only a rough guide as to whether someone has a disorder. For a full diagnosis, it is important to **see a doctor**. For information on a Dr or Psychiatrist or clinic near to you please contact SADAG on 0800 21 22 23 or 0800 70 80 90 Seven days a week, from 8am to 8pm.

Source: Hickie, Scott, Morgan, Sumich, Naismith, Davenport, Hadzi-Pavlovic and Gander (2000).
Sphere: A Depression Management Program. Educational Health Solutions.