

How do I know if I'm depressed? The boundary between sadness that we all experience from time to time and the illness, depression, is not well defined. Some people may seek treatment for relatively mild feelings of sadness, while others may avoid treatment even though they are severely depressed.

There are a number of self-report questionnaires used to screen for depression. These include the Beck Depression Inventory, Zung Self-Rating Depression Scale, Hospital Anxiety and Depression Scale (HAD), and the Wakefield Self-Report Questionnaire. Dr. R.P. Snaith played the lead role in developing both the HAD and Wakefield questionnaires. The Wakefield is reproduced here with his kind permission. This questionnaire permits people who may be depressed to obtain a depression rating score by answering 12 simple questions.

Wakefield Self-Report Questionnaire

Read these statements carefully, one at a time, and underline or circle the response that best indicates how you feel. It is very important to indicate how you are now, not how you were, or how you would hope to be.

- | | SCORE |
|--|-------|
| A. I feel miserable and sad. | _____ |
| 0) No, not at all | |
| 1) No, not much | |
| 2) Yes, sometimes | |
| 3) Yes, definitely | |
| B. 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 | |
| C. I get very frightened or panicky feeling for apparently no reason at all. | _____ |
| 0) No, not at all | |
| 1) No, not much | |
| 2) Yes, sometimes | |
| 3) Yes, definitely | |
| D. I have weeping spells, or feel like it | _____ |
| 0) No, not at all | |
| 1) No, not much | |
| 2) Yes, sometimes | |
| 3) Yes, definitely | |
| E. I still enjoy the things I used to. | _____ |
| 0) Yes, definitely | |
| 1) Yes, sometimes | |
| 2) No, not much | |
| 3) No, not at all | |
| F. I am restless and can't keep still. | _____ |
| 0) No, not at all | |
| 1) No, not much | |
| 2) Yes, sometimes | |
| 3) Yes, definitely | |
| G. I get off to sleep easily without sleeping tablets. | _____ |

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

H. 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

I. I have lost interest in things. _____

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

J. I get tired for no reason. _____

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

K. I am more irritable than usual. _____

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

L. 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 _____

The Wakefield Self-Report Questionnaire is scored by adding up the numbers selected for each of the 12 items. Most depressed people score 15 or above on the Wakefield, whereas most non-depressed people score between 0 and 14. It is important to realize that a rating scale such as the Wakefield *does not diagnose clinical depression*. The Wakefield measures the frequency and intensity of symptoms often associated with depression. Some high scores may be attained by individuals with other emotional problems or physical illnesses. Therefore, use the test as a guide, and consider consulting a doctor for an evaluation if your score is 15 or more.

Scores lower than 15 may still warrant consultation with a doctor if your distress or dysfunction is substantial. Repeating the Wakefield approximately two weeks after its first use may be helpful, and if your score is still below 15 but rising, you should strongly consider consulting a doctor.

For more information, please contact:
 The National Alliance on Mental Illness of Greater Chicago
 NAMI-GC
 1536 W. Chicago Ave., Chicago, IL. 60642
 312-563-0445 FAX: 312-563-0467
www.namigc.org Email: INFO@NAMIGC.ORG