



Take this Depression Self-Quiz.*

To find out if you have depression, take this Self-Quiz and discuss it with your doctor who can then determine if you have depression.

(Put a check in the box that best describes you.)

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1 Little interest or pleasure in doing things				
2 Feeling down, depressed, or hopeless				
3 Trouble falling or staying asleep, or sleeping too much				
4 Feeling tired or having little energy				
5 Poor appetite or overeating				
6 Feeling bad about yourself, or feeling that you are a failure or have let yourself or your family down				
7 Trouble concentrating on things like reading the newspaper or watching television				
8 Moving or speaking so slowly that other people notice. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual				
9 Thinking that you would be better off dead, or wanting to hurt yourself in some way				

*Adapted from PRIME MD Today™ tool. Copyright © 2000 Pfizer Inc. All rights reserved. PRIME MD® and PRIME MD Today™ are trademarks of Pfizer Inc.

Your doctor can help.

If you checked "several days" or more for any questions, particularly question 1 or 2, discuss your answers with your doctor. Only a doctor can diagnose depression. If you checked "several days" or more for question 9, talk to your doctor immediately or to anyone else who can help you. Your doctor is an excellent person to talk with. If you're seriously thinking about hurting yourself and no one is around, go to a hospital emergency room or call 911 for help.

What everyone should know about depression.

What is depression?

Depression is a medical condition that affects your body, the way you think, and how you feel and act. Everyone feels sad, disappointed, or upset at some time in his or her life. But when you have depression, these feelings of sadness go on for weeks, months, or even years. Depression is painful and can make it hard sometimes for you to do even the simplest things.

How common is depression?

More than 20 million adults suffer from depression in the United States alone. Depression affects people of all ages, genders, backgrounds, lifestyles, and ethnic groups and is more common than diabetes.

What causes depression?

The cause of depression is not entirely understood. Researchers and doctors have learned that people suffering from depression may have a chemical imbalance in the brain so the nerve cells cannot communicate properly.

Can depression be treated?

Most people can be successfully treated for depression with the help of medicine, psychotherapy ("talk therapy"), or a combination of both. Take this Self-Quiz and discuss it with your doctor who can then determine if you have depression. Together, you can discuss a treatment plan to help you feel better.

**Depression is a treatable medical condition.
Recovery is possible.**



TX051V01

© 2001 Pfizer Inc. All rights reserved. Printed in USA/August 2001

