

humantold

Common Symptoms of Depression (Recognizing Early Signs)

This activity can help you identify the different levels of symptoms you may run into. It is sometimes easier to recognize these when they are severe, but building skills to recognize the subtle changes as early as possible allow you more flexibility to take action and mobilize support. *Remember these symptoms are only significant when they are **outside your normal limits**.*

These are common symptoms, but if you experience some of these it may not mean you have a mood disorder. Please utilize a mental health professional to help you evaluate your symptoms if you are unsure.

Circle or highlight the ones that you have experienced.

Mild Form of symptom	Moderate form of symptom	Severe form of symptom
Blue, down, or neutral mood	<i>Cry more easily</i>	Severe sadness
Not in the mood to socialize	<i>Less involved with others</i>	Lack of interest in usual activities
Usual activities are not as much fun as expected	<i>Have fun until activity is over</i>	Decreased pleasure
Blame self more readily when things go wrong; see own faults	<i>Self-critical</i>	Excessive and inappropriate guilt
Not as hungry as usual; can skip meals occasionally and not feel hungry	<i>Eating brings less pleasure</i>	Decreased appetite
Clothes fit slightly looser, no big weight loss (ex: 1-3lbs)	<i>Noticeable weight loss</i>	Significant weight loss
Sleep seems less restful; ruminating at bedtime; falling asleep takes a little longer	<i>Takes much longer to fall asleep; wake up briefly during the night</i>	Insomnia-can't fall asleep easily, wake up during the night and stay awake

humantold

Lose interest in tasks such as reading; get frustrated with tasks that are lengthy

Must reread text; thoughts cannot be focused well

Impaired concentration

Feel as if you are moving slowly; not mentally sharp

Slowness in movement is noticeable to others; long pauses before answering questions

Psychomotor impairment

Wish pain would go away; thoughts of running away; pessimistic

Thoughts that life may not be worth living; hopeless; can't imagine feeling better

Suicidal ideas or attempts; not caring if you died

Self-doubt; some self-criticism

Low self-esteem, dislike appearance, feel like a loser

Feelings of worthlessness

Other:
