

SELF-ASSESSMENT QUESTIONNAIRE

For those who suffer of a severe depression, there is a way out.

What is depression?

Everyone experiences sadness or melancholy at some point in their life.

Such feelings should not last weeks or months.
You should not be fed up, feel anxiety and worry without reason.

If you experience this feeling, you may be depressed.
Millions of Canadians are suffering of this illness. Most of them do not even know it and some hesitate to talk about it.

Depression is an illness just like diabetes or asthma and can afflict anyone. It is wrong to think that you can recover by yourself.

The sooner you seek help, the sooner you will feel better about yourself.

Self-depression assessment of the Aurora program

→ Answer the following questions over the past **two weeks period**. If you answer YES to five or more of the following questions, bring your assessment to your practitioner. This test alone cannot determine if you are depressed. Only a practitioner can confirm this.

1. Are you sad, depressed or melancholic most of the time?
 YES or NO
2. Have you lost interest in the activities that you previously enjoyed or have you lost all pleasure?
 YES or NO
3. Are you tired or without energy most of the time?
 YES or NO
4. Are you suffering from lack of sleep or do you sleep too much?
 YES or NO
5. Do you have difficulty concentrating or taking decisions?
 YES or NO
6. Has your appetite or weight change?
 YES or NO
7. Do you feel guilty or useless?
 YES or NO
8. Have you experienced fear or panic attacks for no apparent reasons?
 YES or NO

9. Are you restless and do you have difficulty staying in place?

YES or **NO**

10. Do you worry or feel anxiety?

YES or **NO**

11. Do you have the impression that you can no longer go on this way and have you thought about death or dying?

YES or **NO**

If you experienced suicidal or recurrent death thoughts, consult your practitioner, regardless of your answer to the other questions.

The self-depression assessment of the Aurora Program has been revised by:

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