Max Health
THERAPIES

Mind Body Mood Questionnaire

This questionnaire may indicate that you are experiencing some of the signs of mood disorder or depression. It is not a diagnostic tool. Please consult your health professional if you have any concerns.

Consider the following questions and rate how true each one is in relation to how you have been feeling lately, compared to how you usually or normally feel	
POINT COUNT	**POINTS**
Not true	0
Slightly	1
Moderately	2
Very true	3

QUESTIONS	POINTS
Are you stewing over things?	
Do you feel more vulnerable than usual?	
Are you being self critical and hard on yourself?	
Do you find it difficult or overwhelming to set goals for yourself?	
Are you working harder and harder and accomplishing less?	
Have you had trouble keeping your mind on things, reading, watching television?	
Do you often experience unexplained sadness?	
Are you forgetting appointments, deadlines or personal possessions more often?	
Are you feeling guilty about things in your life?	
Do you find that nothing seems to be able to cheer you up?	
Do you feel as if you have lost your core and essence?	
Have you been feeling unusually tired everyday?	
Have you been less motivated, less productive or found it more difficult to cope than usual?	
Have you been more easily tearful or crying more than usual?	
Do you feel less worthwhile?	
Do you feel hopeless or helpless?	
Are you telling yourself you cannot do or achieve usual activities?	
Is it difficult to feel grateful for friends, family and possessions?	
Does sex seem more trouble than it is worth?	
Do you have very little to say to people?	
Are you feeling more distant from other people?	
Have you had more trouble with your memory than usual?	
GRAND TOTAL	

RESULT: If you scored more than 10 you may be suffering from a mood disorder.

A score higher than 20 is suggestive of depression.