

# UNIT 6 - NERVOUS SYSTEM / SPECIAL SENSES

## ACTIVITY – The Depression Test

All of us feel a little blue now and again. And that is normal. But some of us feel sad or depressed most of the time. That is not normal. The 20 questions below were developed by Dr. William Zang of Duke University to be used by people for self-diagnosis. Make copies for each member of your family. Score the answers. The results just might unmask depression and help you or a loved one take the first step toward getting better.

If your answer is:	Score
None or little of the time...	1
Some of the time.....	2
A good part of the time.....	3
Most or all of the time.....	4

		Score 1-4
1.	I feel downhearted, blue and sad.	
2.	Morning is when I feel the worst.	
3.	I have crying spells, or feel like it.	
4.	I have trouble sleeping through the night.	
5.	I don't eat as much as I used to.	
6.	I don't enjoy looking at, talking to and being with attractive men or women.	
7.	I notice that I am losing weight.	
8.	I have trouble with my companion.	
9.	My heart beats faster than usual.	
10.	I get tired for no reason.	
11.	My mind is not as clear as it used to be.	
12.	I don't find it easy to do things I used to do.	
13.	I am restless and can't keep still.	
14.	I do not feel hopeful about the future.	
15.	I am more irritable than usual.	
16.	I do not find it easy to make decisions.	
17.	I feel that I am not useful and needed.	
18.	My life is not very full.	
19.	I feel that others would be better off if I were dead.	
20.	I do not enjoy the things I used to.	
<b>TOTAL:</b>		

Total the numbers in the right hand column. A score below 40 is in the normal range. A score between 40 and 47 indicates a mild depression. If you scored 48 or above, a professional evaluation should be considered. And if you scored above 56 you should seek help.