

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Depression Symptoms & History Questionnaire

## My Feelings & Emotions When I'm Feeling Depressed

- Sad or blue       I feel down or like I'm under a weight       Hopeless
- Lonely       I have less gratefulness than usual       I have less interest in life
- I am physically in pain       I am emotionally in pain       I am emotionally numb
- I am overcome by anxiety or fear       I have other emotional symptoms:

## The Timing of My Depression

→ I get depressed...

- About once a week       A few times per week       About once a day
- Most of the day, everyday       Every moment of everyday
- On a scale of 1 to 10, I feel this depressed: \_\_\_\_\_
- I get depressed at certain times of the day, week, or year: \_\_\_\_\_

## Intensity of My Feelings *(on a 1-10 scale, 10 = very intense and 1 = minimally intense)*

- The current intensity of my depression is: \_\_\_\_\_
- The intensity of my depression yesterday was: \_\_\_\_\_
- The intensity of my depression this last week was: \_\_\_\_\_
- The intensity of my depression last month was: \_\_\_\_\_
- The intensity of my depression last year was: \_\_\_\_\_

## My Energy & Sleep Patterns During Times of Depression

- I have trouble sleeping       I sleep much more than usual
- I feel physically restless       I have fatigue or loss of energy

### **My Values & Perspective During Times of Depression**

- I feel like I am not worth much.       I feel guilty or ashamed.
- I am unforgiving of myself.       I am bitter towards someone.
- I am upset or disappointed about a circumstance related to my depression.
- I feel further away from God during my depression.
- I feel closer to God during my depression.
- When I am depressed, I think God feels this way about it:
  
- When I am depressed, I think God wants me to:

### **My Thinking During Times of Depression**

- I can't think or concentrate well       My memory is poor
- I have difficulty communicating, finding the right words, or saying things kindly

### **My Actions During Times of Depression**

- I avoid people       I latch onto people       I pray more       I pray less
- I think about or desire suicide.       Once or twice       Sometimes       Often
- I have planned my suicide. My method would be: \_\_\_\_\_
- I have attempted suicide.
  - Date of last attempt: \_\_\_\_\_
  - Total number of attempts: \_\_\_\_\_

### **My Physical Symptoms During Times of Depression**

- During the time I feel depressed, I usually lose weight.
- During the time I feel depressed, I usually gain weight.
- I have other physical symptoms:

## The History And Context Of My Depression

→ The circumstances & approximate time-period that my depression started:

- I have had other times of depression before my current struggle.
  - Please describe:
  
- This is something that usually prompts my depression:
  
- When I get depressed, I find that people are supportive and draw near to me.
  
- When I get depressed, I find that people distance themselves from me.
  
- My depression lessens or departs whenever a certain circumstance changes.
  
- When I become depressed, I enjoy doing this:
  
- When I become depressed, I enjoy other people doing this for me:
  
- I have gone to other counselors/therapists for my depression.
  
- I have a medical/health condition that influences depression.
  
- I was previously prescribed medication for depression.
  - I did take the prescribed medication: Yes / No
  - How helpful was the medication?
  
- I am currently prescribed medication for depression.
  - I am taking my medication as prescribed: Yes / No
  - How helpful is the medication?
  
- I am currently using non-prescribed substances or therapy for my depression: