

## Major Depression Inventory (MDI)

For each question choose the answer that best represents how you've been feeling over the past two weeks.

How much of the time.....	All the time	Most of the time	Slightly more than half the time	Slightly less than half the time	Some of the time	At no time
1. Have you felt low in spirits or sad?						
2. Have you lost interest in daily activities?						
3. Have you felt lacking in energy and strength?						
4. Have you felt less self-confident?						
5. Have you had a bad conscience or feeling of guilt?						
6. Have you felt that life isn't worth living?						
7. Have you had difficulty in concentrating, eg, when reading the newspaper or watching television?						
8a. Have you felt very restless?						
8b. Have you felt subdued or slowed down?						
9. Have you had trouble sleeping at night?						
10a. Have you suffered from reduced appetite?						
10b. Have you suffered from increased appetite?						

### Please Note:

Thoughts about death or suicide are common in depression. You should take such thoughts seriously. Get help immediately.

- Call your doctor or go to the nearest emergency room
- Call 911
- Call the National Suicide Prevention Helpline at 1-800-SUICIDE (1-800-784-2433)