

Welcome to the Goldberg Depression Questionnaire, a Screening Test for Depression

The 18 items below refer to how you have felt and behaved during the past week. Choose the appropriate button.

1. I do things slowly.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

2. My future seems hopeless.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

3. It is hard for me to concentrate on reading.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

4. The pleasure and joy has gone out of my life.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot

- Very much

5. I have difficulty making decisions.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

6. I have lost interest in aspects of my life that used to be important to me.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

7. I feel sad, blue, and unhappy.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

8. I am agitated and keep moving around.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

9. I feel fatigued.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

10. It takes great effort for me to do simple things.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

11. I feel that I am a guilty person who deserves to be punished.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

12. I feel like a failure.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

13. I feel lifeless more dead than alive.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

14. I'm getting too much, too little or not enough restful sleep.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

15. I spend time thinking about HOW I might kill myself.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

16. I feel trapped or caught.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much

17. I feel depressed even when good things happen to me.

- Not at all
- Just a little

- Somewhat
- Moderately
- Quite a lot
- Very much

18. Without trying to diet, I have lost or gained weight.

- Not at all
- Just a little
- Somewhat
- Moderately
- Quite a lot
- Very much