

Prevention Pathways

Online Courses

Goldberg Depression Questionnaire

This questionnaire is a useful tool mental health professionals can administer to help their clients understand what depression is all about. It is not meant to be used as a diagnostic tool, but as an initial guide. Reproduce and fill out weekly or monthly. Changes of **5 or more points** are significant.

The 18 items below refer to how you have felt and behaved during the past week. Checking the appropriate box next to each item.

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

Scoring:	0 points	Not at all
	1 point	Just a little
	2 points	Somewhat
	3 points	Moderately
	4 points	Quite a lot
	5 points	Very much

The higher the number, the more severe the depression. Again, this is not meant as a diagnostic tool.

Source: Goldberg, I. (1993). Goldberg Depression Inventory. Available at www.mentalhelp.net. Used with Permission.

<http://www.samhsa.gov/preventionpathways>