

Goldberg Depression Test

Directions: Circle the number that best represents occurrence of the following:

1=Not at all; 2=only slightly; 3=Partly; 4=Quite a lot; 5=A lot; 6=To a great extent

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| 1. I do everything slowly. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. My future seems hopeless. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I find it hard to concentrate while I read. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. All joy and pleasure seem to have disappeared from my life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I find it hard to make decisions. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I have lost interest in things that used to mean a lot to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I feel sad, depressed, and unhappy. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I feel restless and cannot relax. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I feel tired. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I find it hard to do even trivial things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I feel guilty and deserve to be punished. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. I feel like a failure. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I feel empty, more dead than alive. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. My sleep is unsettled: too little, too much, disturbed sleep. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I wonder HOW I could commit suicide. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I feel confined and imprisoned. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. I feel down even when something good happens to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. I have lost or gained weight without being on a diet. | 1 | 2 | 3 | 4 | 5 | 6 |

Take the test on-line and get your score at:
<http://www.netdoctor.co.uk/quizzes/goldbergdepression/>