

SYMPTOMS OF DEPRESSION *Check any that have persisted for more than 2 weeks.*

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Inappropriate feelings of guilt, worthlessness
- Decreased ability to concentrate, or make decisions
- Inability to take pleasure in former interests, social withdrawal
- Unexplained aches and pains
- Recurring thoughts of death or suicide

If you checked **five or more of these symptoms**, consult with your doctor. You may have a physical or a mental condition that may respond to medical treatment. <http://www.ndmda.org>

Bipolar Depression

With bipolar depression, a person's mood alternates between **depression** and **mania**. The mood swing can last for days, weeks, or even months.

Symptoms of Mania *Check any that have persisted for more than 2 weeks.*

- Heightened mood, exaggerated optimism and self-confidence
- Decreased need for sleep without experiencing fatigue
- Grandiose delusions, inflated sense of self-importance
- Excessive irritability, aggressive behavior
- Increased physical and mental activity
- Racing speech, flight of ideas, impulsiveness
- Poor judgment, easily distracted
- Reckless behavior such as spending sprees, rash business decisions, erratic driving, sexual indiscretions
- In the most severe cases, hallucinations

If you checked **five or more of these symptoms**, consult with your doctor. You may have a physical or a mental condition that may respond to medical treatment. <http://www.ndmda.org>

SYMPTOMS OF ANXIETY *Check any that apply to your life right now.*

- Do you find it difficult to stop worrying?
- Do you worry about things, such as family, work or school, more often than not?
- Is it difficult for you to fall asleep due to all of the thoughts in your head?
- Do you frequently feel restless or on edge even when nothing is going on around you to cause your feelings and worrying?
- Is it hard for you to concentrate on specific tasks or do you often notice your mind is wandering or going blank.
- Do you frequently feel irritable or tense even when nothing is going on which would justify your feelings?
- Do friends or family members tell you that you worry too much about little things, are too high strung, or need to calm down?
- Do you notice your muscles becoming tense frequently or feel tension in the muscles of your lower neck, back, or eyes?
- Do you find it difficult to sit still without having to doodle, fiddle with something, or make other repetitious movements?
- Have you ever noticed periods when you have symptoms such as sweaty palms, heart palpitations, or shallow breathing?

If you checked **five or more of these symptoms**, consult with your doctor. You may have a physical or a mental condition that may respond to medical treatment.

<http://suicideandmentalhealthassociationinternational.org/anxietytest.html>