

Major Depressive Disorder (MDD) in Adults Symptom Checklist

Print and bring this checklist to your next appointment to help you talk to your doctor about your symptoms. Please contact your healthcare provider immediately if you are feeling suicidal, or contact the Suicide & Crisis Lifeline by calling or texting 988.

This checklist is not a diagnostic tool. Having some of the symptoms listed below does not necessarily mean you have MDD. Only a doctor can diagnose MDD.

Are you regularly experiencing any of the following symptoms of Major Depressive Disorder?

Please check all that apply:

<p>Depressed mood. You've felt sad, hopeless, or "down in the dumps." Or, you may have experienced having no feelings.</p>	
<p>Little interest or pleasure in doing things. You've felt less interested or have withdrawn from hobbies you previously enjoyed. This symptom also includes decreased sexual interest or desire.</p>	
<p>Difficulty thinking, concentrating, or making even minor decisions. You've occasionally had difficulty remembering things. Others may have said you appear easily distracted.</p>	
<p>Low energy or feeling tired. You've felt tired, even without engaging in physical activity. You've found that it takes substantial effort or more time to complete everyday tasks, such as getting dressed.</p>	
<p>Feeling bad about yourself—that you are a failure or having a lot of guilt. You've felt intense guilt for minor mistakes or had feelings of low self-worth. These thoughts may have occurred after specific day-to-day interactions and events.</p>	
<p>Slowness or restlessness that is noticeable to others. Your speech or body movements may be slowed, or you may speak less or in a quieter voice. Or you may pace or be unable to sit still, even wringing your hands.</p>	
<p>Appetite change or significant weight change. You may be eating more than usual or have had cravings for specific foods, or you may have had to force yourself to eat.</p>	
<p>Sleep disturbances. You've had trouble falling asleep, returning to sleep, or are sleeping too much.</p>	
<p>Thoughts of death or hurting yourself in some way. You have had thoughts that others would be better off if you died or have wished not to wake up in the morning. Please contact your healthcare provider immediately if you are feeling suicidal, or contact the Suicide & Crisis Lifeline by calling or texting 988.</p>	

How difficult have your symptoms made it to do your work?

Not difficult at all	
Somewhat difficult	
Very difficult	
Extremely difficult	

How difficult have your symptoms made it to take care of things at home?

Not difficult at all	
Somewhat difficult	
Very difficult	
Extremely difficult	

How difficult have your symptoms made it to get along with other people day-to-day?

Not difficult at all	
Somewhat difficult	
Very difficult	
Extremely difficult	

How long ago did you first begin to experience these symptoms?

Weeks	
Months	
Years	