

This questionnaire will help you to evaluate your level of psychological stress and current possibility of suffering from depression or/and anxiety. The questionnaire is not an approved diagnostic tool and cannot replace diagnostic evaluation and consultation with professional.

During the past two weeks...

1. How often did you feel depressed or hopeless?
2. How often after waking up at the morning did you feel like there is nothing to look forward to?
3. How often did you feel worn out and unwilling to undertake any form of activity – even things that are usually entertaining?
4. How often did you feel mad or frustrated at yourself?
5. How often did you find yourself overreacting to situations or getting upset by trivial things?
6. How often did you feel unable to relax?
7. How often did you have troubles to fall asleep at night?
8. How often did you find yourself not able to stop thinking about your problems or stressful situations?



Questions 1-4 concern primarily depression and questions 5-8 anxiety. The more answers on a red fields you have the higher is the risk, that you are suffering from any of these two disorders. If your results look worrying to you, we strongly recommend to consult them with professional.