

Depression Screening

If **five** or more of the following symptoms have been present for more than **two weeks**, please talk to your doctor about the possibility of depression being present. These symptoms could also indicate a medical condition other than depression.

- **Feelings of sadness and/or irritability**
- **Loss of interest or pleasure in activities normally enjoyed**
- **Changes in weight or appetite**
- **Changes in sleeping pattern**
- **Feelings of guilt, hopelessness, or worthlessness**
- **Inability to concentrate, remember things, or make decisions**
- **Constant fatigue or loss of energy**
- **Observable restlessness or decreased activity**
- **Recurrent thoughts of suicide or death**

Mania Screening

Look for at least **three** of the following symptoms, which could indicate the manic phase of bipolar disorder (manic-depression).

- **Inflated ego, envisioning of grand schemes**
 - **Increased energy and decreased need for sleep**
 - **Inappropriate excitement or irritability**
 - **Increased talking and/or moving**
 - **Reckless behavior such as spending sprees, rash business decisions, erratic driving, or sexual promiscuity**
 - **Disconnected and racing thoughts, easily distracted**
 - **Impulsive behavior and poor judgment**
 - **In the most severe cases, hallucinations**
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