

Common Symptoms of Depression



Mild Form of Symptom	Moderate Form of Symptom	Severe Form of Symptom
Blue, down or neutral mood	Cry more easily	Severe sadness
Not in the mood to socialize	Less involved with others	Lack of interest in usual activities
Usual activities are not as fun as expected	Have fun until activity is over	Decreased pleasure
Blame self more readily when things go wrong; see own faults	Self-critical	Excessive and inappropriate guilt
Not as hungry as usual; can skip meals occasionally and not feel hungry	Eating brings less pleasure	Decreased appetite
Clothes fit slightly looser; no big weight loss (e.g., 1-3 pounds)	Noticeable weight loss	Significant weight loss
Sleep seems less restful; ruminating at bed time; falling asleep takes a little longer	Takes much longer to fall asleep; wake up briefly during the night	Insomnia – cannot fall asleep easily, wake up during the night and stay awake
Lose interest in tasks such as reading; get frustrated with lengthy tasks	Must reread text; thoughts cannot be focused well	Impaired concentration
Feel as if you are moving slowly; not mentally sharp	Slowness in movement is noticeable to others; long pauses before answering questions	Psychomotor retardation
Wish pain would go away; thoughts of running away; pessimistic	Thoughts that life may not be worth living; hopelessness; can't imagine feeling better	Suicidal ideas or attempts; not caring if you died
Self-doubt; some self-criticism	Low self-esteem, dislike appearance, feel like a loser	Feelings of worthlessness

Original materials developed by Dr. Monica Ramirez Basco. Adapted with permission.