



Date: 12-05-2023

Your Result

**Depression Assessment
Recommended**

Based on the frequency of your symptoms, more screening for depression is recommended.

Depression is a common condition that can only be diagnosed by a professional.

- Based on your answers, you should talk with a professional about your symptoms.
- No two people are affected the same way by depression, and there is no one-size-fits-all treatment.
- Even the most severe cases of depression can be treated. The sooner treatment begins, the better it works.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Depression Risk Factors



Depression Risk Factors	Your Answer
Prior depression	<i>Yes</i>
Family history of depression	<i>Yes</i>
Repeated negative thoughts	<i>Yes</i>
Chronic pain	<i>No</i>
Chronic medical condition	<i>No</i>
Traumatic brain injury	<i>No</i>
Current or recent pregnancy	<i>No</i>
Recent weight change	<i>No</i>
Severe obesity	<i>No</i>
Low income	<i>No</i>
Moderate to high stress levels	<i>Yes</i>
Low self-esteem	<i>Yes</i>
Limited emotional support	<i>No</i>
Major life change or event	<i>No</i>

Lowering Your Risk of Depression

Some factors increase the chances of someone developing depression. A few are listed in the table above.

The good news is that there are also things that can lower the risk of depression. These include:

- Strong connections to family or friends

- Community support
- Fellowship with cultural or religious groups
- Clinical care and support for both mental and physical health

Help is Available Day & Night

Dial **9-8-8** to call the National Suicide Prevention Lifeline if you're in crisis. Calls are confidential and free.

A skilled, trained crisis worker will listen to you and tell you about mental health services in your area.

More information about suicide prevention is available from the National Institute of Mental Health (NIMH) and the Centers for Disease Control and Prevention (CDC).

Depression Symptoms



Symptoms during the past 2 weeks:	Your Answer
Little interest or pleasure in doing things	<i>More than half the days</i>
Feeling down, depressed or hopeless	<i>More than half the days</i>
Other symptoms <i>on more than half the days</i> during the past 2 weeks:	Your Answer
Trouble falling asleep, staying asleep, or sleeping too much	Yes
Poor appetite or overeating	No
Feeling tired or having little energy	No
Feeling bad about yourself (<i>for example, that you are a failure, or have let yourself or others down</i>)	Yes
Trouble concentrating (<i>such as when reading a book or watching television</i>)	No
Moving or speaking slowly, or being fidgety or restless	No

What is Depression?

We all feel sad or down sometimes. But if daily life becomes too difficult, or if feelings of sadness stick around too long, it might be depression.

Depression is a mood disorder that can cause someone to feel overly sad, tired, irritable, hopeless, or uninterested in daily life. It's a common condition with many different symptoms. It's often treated with therapy, medication, lifestyle changes, or a combination of the three. The sooner treatment begins, the better it works.

Take Your Next Steps

We recommend scheduling an assessment with a mental health specialist based on the answers provided in this assessment.

Call me to Schedule

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Mental Health Services

To learn more about our personalized approach at National Health, visit nationalhealth.org. We provide a comprehensive array of services to help our community maintain and improve their mental health.

Thank you for participating in the AnxietyAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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