

Depression

1. How do you feel in your self/spirits?
2. How long have you been feeling this way?
3. Is any time of the day particularly bad for you/Does your mood vary at any time of the day?
4. Tell me about your sleep
 - Do you have difficulty falling asleep?
 - Is your sleep interrupted?
 - Do you wake up earlier than normal?
 - Do you need more sleep these days?
5. How is your appetite?
6. Any change in your weight?
7. Are you able to concentrate on TV/work/newspaper?
8. Are you able to do things you could do previously? Do you get fatigued or exhausted easily?
9. Do you still enjoy things you used to enjoy?
10. Do you feel like crying? More easily than before?
11. How would you rate your self-esteem?
12. Do you feel like mingling with people?
13. How do you see the future?
14. Do you tend to worry unnecessarily?
15. Do you have a feeling of impending doom?
16. Do you blame yourself for anything?
17. Do you feel fidgety or restless?
18. Has your interest in sex changed?
19. Do you feel you suffer from an incurable disease or serious illness?
20. Do you have any thoughts of doing away with yourself/harming yourself?
21. Enquire about intent, plans, protective factors and what will force him/her to act on these thoughts?
22. Past psychiatric history? History of self-harm?
23. Family history of psychiatric illness?
24. Substance abuse?