

DEPRESSION CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Negative mood

Negative about most things	0	1	2	3
Complains of being 'fed up' or bored.....	0	1	2	3
Seems sad, cries easily	0	1	2	3
Seems flat and emotionless	0	1	2	3
Irritable and touchy	0	1	2	3
Disregards own safety and wellbeing.....	0	1	2	3

Loss of interest and enjoyment

Has lost interest in things that used to be enjoyed.....	0	1	2	3
Not interested if suitable activities are suggested	0	1	2	3
Limited sense of humour.....	0	1	2	3
Seems lazy and disinterested in most things	0	1	2	3
Does not seem to care about success in schoolwork or sports	0	1	2	3
Hard to please.....	0	1	2	3
Complains and finds fault.....	0	1	2	3

Social isolation

Sullen and uncommunicative	0	1	2	3
Will not willingly join in family or peer group activities	0	1	2	3
Stays alone in their room for long periods of time	0	1	2	3
Does not contact friends outside of school	0	1	2	3
Thinks people are deliberately trying to upset or annoy them.....	0	1	2	3
Reluctant to attend school	0	1	2	3

Peer group dependence

Engages in risky exploits with peers	0	1	2	3
Has excessive need to be with friends.....	0	1	2	3



Disturbed eating or sleeping patterns

Has difficulty in getting to sleep or staying asleep	0	1	2	3
Sleeps an excessive amount or at unusual times	0	1	2	3
Eats much less than usual, not interested in food.....	0	1	2	3
Eats an excessive amount but may not be selective	0	1	2	3

Poor concentration

Seems indecisive	0	1	2	3
Seems forgetful and poorly organized	0	1	2	3
Seems vague and inattentive.....	0	1	2	3

Low self-esteem

Says they are stupid, dumb, etc.....	0	1	2	3
Finds it hard to accept criticism	0	1	2	3
Finds it hard to accept praise or affection.....	0	1	2	3
Says they would be better off dead	0	1	2	3
Says parents prefer or favour other children in family	0	1	2	3
Says teachers prefer or favour others in class	0	1	2	3

Preoccupation with negative, violent, or morbid ideas

Draws and writes on negative, violent, or morbid topics.....	0	1	2	3
Talks about suicide.....	0	1	2	3
Seems overly interested in violence and death.....	0	1	2	3
Takes risks that could be suicidal	0	1	2	3

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help diagnose and assess Depression. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on Depression (pages 124–9)
- Guides for discussions with colleagues, parents and students (pages 184–8)

