Teen Depression Symptoms Checklist
Parent Edition

You and your child should complete the checklists separately and then compare the results. I think you might both be surprised by each other's responses.

(This is not a complete list of symptoms. If you or a family member is suicidal or exhibits other signs of depression/mental illness, call 9-1-1 or take them to a mental health professional immediately.)

Place a checkmark next to the statements or behaviors he or she has been exhibiting or vocalizing. If your child has some of these symptoms or other changes in behavior, seek an assessment. Depression is treatable. DON'T WAIT!

This is not a diagnosis. This is only a tool to help you determine if your child is possibly experiencing something more serious than moodiness. If you're not sure, ask a professional.

What has your child's life been like in the past two weeks?

My child:

___ is tired and has no energy to do anything.

___ is not eating or is overeating.

___ feels bad about him or herself, like a failure, or that he or she can't do anything right.

___ has trouble concentrating.

___ feels like the future is hopeless or can't visualize the future.

___ has trouble falling asleep, staying asleep, or is sleeping too much.

___ tries to escape from the world by surfing the Internet, watching TV, playing video games, listening to music, reading, or performing other activities for excessively long periods.

___ has difficulty making decisions or just doesn't care about anything.

___ has lost interest in things that used to be important to him or her.

___ neglects physical hygiene.

___ feels sad, blue, and unhappy all the time. Cannot experience joy anymore.

___ keeps secrets.

___ feels extremely guilty for past actions.

___ gets angry easily.

___ has trouble completing even simple tasks.

___ feels lifeless, more dead than alive.

___ feels hated by family and friends.

___ tries to feel better by using drugs, alcohol, sex, cutting, or other harmful activities.

___ has researched the easiest, least painful, or surest way to die.

___ feels trapped or caught.

___ feels depressed, even when good things happen.

___ engages in reckless behavior.

___ has anxiety.

___ cries easily and often.

___ feels so alone.

Sources:

http://counsellingresource.com/lib/quizzes/depression-testing/goldberg-depression/#about_scoring
http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf
http://psychcentral.com/news/2011/04/05/teens-more-into-music-than-reading-more-likely-to-be-depressed/25036.html
http://www.nytimes.com/health/guides/disease/adolescent-depression/overview.html