

Am I Depressed?

Living with pain can take a toll not just on the body, but also on the mind. Many people in pain feel down, lose interest in things they once enjoyed, or struggle with sleep and energy. These are signs that depression may be present.

Why It Matters

- Depression can make pain feel worse.
- Feeling hopeless or stuck can lower motivation to do the things that help.
- Identifying symptoms early means you can get the right support and treatment.

Common Symptoms of Depression

- Feeling sad, empty, or hopeless most of the day
- Loss of interest or pleasure in activities
- Trouble sleeping or sleeping too much
- Low energy or fatigue
- Poor appetite or overeating
- Trouble concentrating
- Feeling worthless or guilty
- Moving or speaking more slowly than usual, or being restless
- Thoughts of death or suicide

What You Can Do

- Track your mood and symptoms.
- Talk with your physician or therapist. Depression is treatable.
- Reach out to supportive friends or family.
- If you ever feel like hurting yourself, call 988 (U.S. Suicide & Crisis Lifeline) or 911 immediately.

PHQ-9 Depression Self-Check

Over the last 2 weeks, how often have you been bothered by any of the following problems?
Rate each from 0–3 and write your score in the box.

Question	Your Score (0–3)
1. Little interest or pleasure in doing things	_____
2. Feeling down, depressed, or hopeless	_____
3. Trouble falling or staying asleep, or sleeping too much	_____
4. Feeling tired or having little energy	_____
5. Poor appetite or overeating	_____
6. Feeling bad about yourself, or that you are a failure or let others down	_____
7. Trouble concentrating on things like reading or watching TV	_____
8. Moving or speaking slowly, or being fidgety/restless	_____
9. Thoughts you would be better off dead, or of hurting yourself	_____

Scoring Guide:

0–4: Minimal or none

5–9: Mild

10–14: Moderate

15–19: Moderately severe

20–27: Severe

■■ This self-check does not replace medical diagnosis. Please share results with your doctor if you are concerned.