



Depression Questionnaire

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First name: _____ Last name _____ Sex: _____ Age: _____

(Please note that this questionnaire is for therapeutic purpose only and will not be shared with or disclosed to any one.)

Q1: Do you have trouble falling sleep?

Yes

No

Q1: Do you have difficulty controlling your worries or anxieties?

Yes

No

Q3: Do you feel sad most of times?

Yes

No

Q4: Did you loose your appetite and eat less than usual?

Yes

No

Q5: Do you eat more frequently and over eat more than usual?

Yes

No

Q6: Have you ever used alcohol or drugs as a solution to this depression?

Yes

No

Q7: Have you lost or gained more than ten pounds in last two years?

Yes

No

Q8: Do you believe you are problems for others sometimes?

Yes

No

Q9: Do you have trouble concentrating or making decisions?

Yes

No

Q10: Do you have suicidal thoughts sometimes?

Yes

No

Q11: Do you think you are losing interest in people or activities you used to enjoy?

Yes

No

Q12: Do you your energy level and memory is slowing down?

Yes

No

Q13: Do you have trouble keeping your mind on one thing?

Yes

No

Q14: Do you hear any noises in your ears?

Yes

No

Q15: Are you worried about the thing has not happened or imaginary problems?

Yes

No

Q16: Do you have palpitation, sweating, shortness of breath or cramps when stressed?

Yes

No

Q17: Do you feel tired or exhausted most of the times?

Yes

No

Q18: Does your worries interfere with your daily routine?

Yes

No

Q19: Do you your behavior or mood affecting your family or social circles?

Yes

No

Q20: Do you feel you are losing interest in one pleasurable activities?

Yes

No

Q21: Are you seeing decline in your libido?

Yes

No

- Not at all
- No it is better than before

Q22: Are you losing interest in sex?

- Yes
- No
- No it has been same since.

Q23: Do you get angry for feel irritable easily?

- Yes
- No

Q24: How do you react to anger situation?

- Raise voice
- Become violent
- Say some thing quickly but feel guilty after sometime.
- Stay calm and cool.

Q25: How do you rate your public relationship?

- Excellent in dealing with others
- Somewhat normal
- Totally withdrawn
- Always Miss Judge others.