

## *A helpful depression symptom checklist.*

*Review this list developed by the University of Michigan and check all that apply to you:*

- |   |   |
|---|---|
| <input type="checkbox"/> I am often restless and irritable.   | <input type="checkbox"/> I have thought about suicide.  |
| <input type="checkbox"/> I am having irregular sleep patterns—either too much or too little.              | <input type="checkbox"/> I have a family history of depression.   |
| <input type="checkbox"/> I don't enjoy hobbies, my friends, family or leisure activities any more.        | <input type="checkbox"/> I feel that my functioning in my everyday life (work, family, friends) is suffering because of these problems. |
| <input type="checkbox"/> I am having trouble managing my diabetes, hypertension or other chronic illness. | <input type="checkbox"/> I have had several of the symptoms I checked above for more than two weeks.                                    |
| <input type="checkbox"/> I have nagging aches and pains that do not get better no matter what I do.       | <b>I often experience:</b>  |
| <input type="checkbox"/> I have trouble concentrating or making simple decisions.                         | <input type="checkbox"/> Digestive problems   |
| <input type="checkbox"/> My weight has changed a considerable amount.                                     | <input type="checkbox"/> Headache or backache   |
| <input type="checkbox"/> Others have commented on my mood or attitude lately.                             | <input type="checkbox"/> Chest pains  |
|   | <input type="checkbox"/> Vague aches and pains like joint or muscle pains   |
|   | <input type="checkbox"/> Dizziness  |

*Once you have filled out the checklist,  
share this information with your doctor  
or healthcare provider for an evaluation.*

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*Lilly*