

Signs and Signals of Depression

Please check all signs and signals that apply to: _____ Date: _____
Student's name

CAUTION: Do not use this information to identify, diagnose or label any student as being depressed. This information is for discussion purposes only. Diagnosis and subsequent treatment for depression should only be provided by a medical doctor.

How often have you observed this student exhibiting the following signs or signals:	Often	Sometimes	Rarely	Never
Expresses a dislike for school				
Cries easily or frequently				
Has a pervasive mood of sadness				
Tends to be a loner with few friends				
Tends to be non-participatory in school activities				
Seems disengaged, unattached				
Seems not to care about his/her personal hygiene				
Tells you he/she has trouble sleeping				
Appears irritable, angry or sullen				
Lacks enthusiasm about things in general				
Makes negative statements about the future				
Has excessive absenteeism				
Complains about being tired in spite of adequate sleep				

In extreme cases of depression, a child may exhibit self-destructive behaviors such as:

- | | | | |
|------------------------------------|--|-----------------------|--|
| Bulimia/Anorexia | <input type="checkbox"/> Yes <input type="checkbox"/> No | Talking about suicide | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Pulling out hair | <input type="checkbox"/> Yes <input type="checkbox"/> No | Alcohol/drug abuse | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Digging/scratching/cutting of skin | <input type="checkbox"/> Yes <input type="checkbox"/> No | Other _____ | |

A yes to any of the above areas indicates a top priority referral for this student.

NOTE: Many students display a few signs and signals of depression at times. Serious concern is warranted when a student displays multiple signs of depression over an extended period of time. If the "often column is checked repeatedly, then this student should be referred to the school guidance counselor for services.

Certain signs and signals of depression may also be indicative of other problems or conditions such as social difficulty, poor self-concept, lower than average ability, school-related stress, emotional difficulty, behavior problems, Attention Deficit Disorder, and learning disabilities. None of these signs and signals of depression are absolutes.

Name(s) of the individual(s) who provided this information:

	Title/Position _____	Date _____
	Title/Position _____	Date _____