

## NHANES - Depression Screener PDF

### **NHANES - Depression Screener**

- Participants 12 years and older
- Computer-assisted personal interview
- Administered starting in 2005
- Access to data: [2005-2006](#), [2007-2008](#), 2009-2010 (data to be released in 2011)
- For 1999-2004, a [series of mental health questionnaires](#) (Composite International Diagnostic Interview (Generalized Anxiety Disorder), Composite International Diagnostic Interview (Major Depression Module), and Composite International Diagnostic (Interview Panic Disorder Module)) were administered to a subset of the adult population. Access to this earlier data: [1999-2000](#), [2001-2002](#), [2003-2004](#).

### Questions:

Over the last 2 weeks, how often have you been bothered by the following problems (Not at all, Several days, More than half the days, Nearly every day):

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 have let yourself or your family down?
7. Trouble concentrating on things, such as reading the newspaper or watching TV?
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?
9. Thoughts that you would be better off dead or of hurting yourself in some way?
10. How difficult have these problems made it for you to do your work, take care of things at home, or get along with people? (Not at all difficult, Somewhat difficult, Very difficult, Extremely difficult)