

## HAMILTON SURVEY FOR EMOTIONAL AND PHYSICAL WELLNESS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Instructions: Think over the past two weeks and rate yourself for each question as you identify with the phrases, symptoms and feelings. On a scale of (0-4). 0 = NONE, 1 = MILD, 2 = MODERATE, 3 = SEVERE, 4 = EXTREME.

\_\_\_\_\_1) **Depressed Mood:** I find myself feeling very sad and helpless, either because of the present circumstances or for no reason at all. I feel a sense of hopelessness that things will never get better. I find myself crying more frequently and am not able to “hold it together.” I often feel worthless.

\_\_\_\_\_2) **Guilt Feelings:** I sometimes feel like I should be punished. I really do not like myself right now and maybe I deserve some of the things that are happening to me. Even though I can’t think of specific examples, I feel guilty much of the time.

\_\_\_\_\_3) **Suicide:** I often find myself thinking about death and sometimes wish that I didn’t have to live anymore. My life seems empty and not worth the effort it is taking. I find myself wanting to avoid other people and be alone. I’ve told at least one other person that it would be better if I were dead or gone. Sometimes I find myself wanting to cut myself or think about taking a lot of pills.

\_\_\_\_\_4) **Initial Insomnia:** I have difficulty falling asleep after I get into bed at night.

\_\_\_\_\_5) **Middle Insomnia:** I have difficulty sleeping all night long without interruption. I wake up for no reason several times during the night. I sometimes get back to sleep and sometimes not.

\_\_\_\_\_6) **Delayed Insomnia:** I find myself waking up 2-3 hours before I want to, for no reason, and cannot get back to sleep.

\_\_\_\_\_7) **Work and interest:** My job and family are no longer enjoyable. I often find myself not caring about my job or home responsibilities. I rarely do any of the hobbies that I used to enjoy. My friends invite me to do things, but I often find reasons to say no. The things that I use to enjoy don’t seem to lift my spirits. People at work are noticing that the quality of my work has deteriorated. My family members are beginning to complain that I don’t do the usual things around the house that I did in the past.

\_\_\_\_\_8) **Alertness:** I find myself feeling sluggish in my ability to think, communicate my ideas, and sometimes just moving around.

\_\_\_\_\_9) **Agitation:** I find myself fidgeting and feeling very restless. Often I will pace back and forth or sometimes clench my fists. Sometimes I will tap my feet or hands for no reasons or bite my lips. I often find myself wringing my hands. Sometimes I will pull at my hair or pick at my fingernails or clothes.

\_\_\_\_\_10) **Anxiety (Psychological):** I often feel tense and unable to relax. I find myself irritable with family or coworkers. I am easily startled. Even though I try not to, I often worry over trivial matters. Often, I am fearful for no reason. I have a sense that things are going to get worse and I will be unable to do anything to change it. I feel out of control and that I could have a panic attack.

\_\_\_\_\_11) **Anxiety (Physical):** I often times have “butterflies” in my stomach. Many times my stomach will cramp or I will have indigestion. Recently I have noted more belching or diarrhea. My heart has begun to beat much faster than it used to. I often find myself feeling like I can’t get enough air. Sometimes I have noted tingling in my fingers or around my mouth. I am sweating more than I used to or feel flushed. I have noticed that my hands have begun to shake slightly. I have recently started having headaches for no reason. I find that I have to go to the bathroom and urinate more frequently, and often smaller amounts.

\_\_\_\_\_12) **Loss of Appetite:** Food no longer seems appealing to me. I just don’t feel like eating as much as I used to. My friends have expressed concern about my eating habits.

\_\_\_\_\_13) **Fatigue:** I feel exhausted almost all the time. I no longer have the kind of energy to function like I used to. I often feel like my arms or legs are heavy. I have wondered if I have “chronic fatigue syndrome.”

\_\_\_\_\_14) **Sexual:** I have lost my desire for sexual intimacy that I used to have. I am finding that it is not worth the effort to be involved in sex.

\_\_\_\_\_15) **Fear:** I am afraid that I might have cancer or something really bad affecting my health. I think a lot about many kinds of symptoms which I have never had before, and it upsets me.

\_\_\_\_\_16) **Weight Loss:** I am now losing weight, even though I am not trying to lose weight.

\_\_\_\_\_17) **Unexplained Pains:** I have pain in my muscles and around y joints and along my spine. Doctors have not given me a clear reason for the pains because they consider the symptoms too vague. I wonder if I could have “fibromyalgia” I often have headaches and low back pains.

\_\_\_\_\_18) **Mood Swings:** I find that my moods can range from high to low, often for no reason, and even on the same day. It upsets me to think that I cannot control my emotions when I am down.

\_\_\_\_\_19) **Oversleeping:** I am finding that it is harder to get up in the morning, even though I go to bed on time. I don’t get the kind of sleep I would like, and stay in bed for hours at a time.

\_\_\_\_\_20) **Oversleeping:** I am sleeping more than ever before. It seems that all I want to do is sleep.

\_\_\_\_\_21) **Napping:** It is difficult for me to get through the day without taking a nap or wanting to take a nap. I am so tired by the afternoon that when I come home I can hardly function.

\_\_\_\_\_22) **Increased Appetite:** I am finding myself eating more even if I am not hungry. I am having more cravings than ever for certain foods like chocolate. I am eating more during my regular meals and having snacks between meals. My friends have expressed concern about my eating habits. I sometimes binge on junk food.

\_\_\_\_\_23) **Weight Gain:** I have gained weight recently. It seems like I am gaining weight even though I am not eating enough to explain the increase.

\_\_\_\_\_24) **Sluggishness:** I oftentimes feel almost paralyzed in my ability to process my thoughts and feelings. I am unable to find the will power to do the things I need to do. I just can’t think as quickly as I used to.

\_\_\_\_\_25) **Physical Movement:** I feel sluggish physically. People ask me if there is something wrong because they say I look sad.

## \_\_\_\_\_ **Item Total**

Guide to interpretation of total score:

0-7 Normal

8-19 Mild “dysthymia” or “sub-clinical depression”

20-29 “mild to moderate” major depressive disorder (MDD)

30-39 “moderately severe” major depressive disorder (MDD)

Greater than 40 is consistent with “severe” major depressive disorder (MDD)

Dr. Gregory Knopf MD, Demystifying Depression for Christians, pages 49-54