



SUBTYPES OF DEPRESSION

What Type of Depression Do You Have?

Find out which sub-type of depression you are prone to by taking the following questionnaire. For each question, mark the answer that best describes you. If more than one answer seems to fit, mark both, or all three:

- 1.) My mood is predominantly:
 - A. anxious, stressed or very changeable
 - B. irritable, agitated or easily upset
 - C. sad, down or flat

- 2.) My mind tends to be:
 - A. fearful, scanning for perceived dangers
 - B. filled with judgment or resentments
 - C. dulled, slowed down

- 3.) Mostly, my physical energy is:
 - A. tense, fluctuating and easily run-down
 - B. restless, agitated and prone to periods of exhaustion
 - C. sluggish and lethargic

- 4.) I frequently have trouble:
 - A. falling asleep, largely due to worry and difficulty shutting my mind off
 - B. staying asleep, as I am easily disturbed and my mind is very restless
 - C. waking up in the morning; I feel like I could sleep most of the time, yet never feel rested.

- 5.) I typically react to stress by:
 - A. feeling frazzled and overwhelmed
 - B. becoming more activated or angry
 - C. feeling passive or wanting to give up

- 6.) I usually respond to perceived criticism by:
 - A. feeling sensitive or rejected
 - B. becoming defensive or angry
 - C. pulling away or shutting down

- 7.) In many of my relationships I have become:
 - A. somewhat clingy or dependent
 - B. rather hostile or resentful
 - C. fairly distant or withdrawn

- 8.) My appetite has recently been:
 - A. marked by cravings and binges on sweets and other carbs
 - B. fluctuating with frequent indigestion or stomach upset
 - C. reduced, as I have less interest in food

9.) My motivation seems:

- A. weak, fear-based, driven by insecurity
- B. strong, but with a sense of being driven or desperate
- C. reduced, flat or apathetic

10.) My actions recently tend to be:

- A. impulsive; an indiscriminate search for pleasure
- B. driven; a compulsive search for pleasure
- C. passive; with little interest or enjoyment of pleasure

Scoring: Count the number of answers that were :

- A: ____ (this corresponds to an anxious type of depression)
- B: ____ (this corresponds to an agitated type of depression)
- C: ____ (this corresponds to a sluggish type of depression)

If you scored significantly higher in one category, that's the type of depression you have, and it may respond best to measures specific to that type. If you've got high scores in two or all three categories, you have a combined type of depression. Generally, combined types may respond best by first taking measures to balance stress/anxiety, then agitation and finally sluggishness.

For more detailed information on how to work with your particular type(s) of depression, see *The Chemistry of Joy*, by Henry Emmons, MD.