



Depression HRA

Date: 08-15-2024

Your Result

**Depression Assessment
Recommended**

Based on the frequency of your symptoms, more screening for depression is recommended.

Depression is a common condition that can only be diagnosed by a professional.

- Based on your answers, you should talk with a professional about your symptoms.
- No two people are affected the same way by depression, and there is no one-size-fits-all treatment.
- Even the most severe cases of depression can be treated. The sooner treatment begins, the better it works.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Depression Risk Factors



Depression Risk Factors	Your Answer
Prior depression	No
Family history of depression	No
Repeated negative thoughts	Yes
Chronic pain	Yes
Chronic medical condition	No
Traumatic brain injury	No
Current or recent pregnancy	Yes
Recent weight change	No
Severe obesity	No
Low income	No
Moderate to high stress levels	Yes
Low self-esteem	No
Limited emotional support	Yes
Major life change or event	Yes

Lowering Your Risk of Depression

Some factors increase the chances of someone developing depression. A few are listed in the table above.

The good news is that there are also things that can lower the risk of depression. These include:

- Strong connections to family or friends

- Community support
- Fellowship with cultural or religious groups
- Clinical care and support for both mental and physical health

Help is Available Day & Night

Dial **9-8-8** to call the National Suicide Prevention Lifeline if you're in crisis. Calls are confidential and free.

A skilled, trained crisis worker will listen to you and tell you about mental health services in your area.

More information about suicide prevention is available from the National Institute of Mental Health (NIMH) and the Centers for Disease Control and Prevention (CDC).

Depression Symptoms



Symptoms during the past 2 weeks:	Your Answer
Little interest or pleasure in doing things	More than half the days
Feeling down, depressed or hopeless	More than half the days
Other symptoms <i>on more than half the days</i> during the past 2 weeks:	Your Answer
Trouble falling asleep, staying asleep, or sleeping too much	Yes
Poor appetite or overeating	Yes
Feeling tired or having little energy	No
Feeling bad about yourself <i>(for example, that you are a failure, or have let yourself or others down)</i>	Yes
Trouble concentrating <i>(such as when reading a book or watching television)</i>	No
Moving or speaking slowly, or being fidgety or restless	Yes

What is Depression?

We all feel sad or down sometimes. But if daily life becomes too difficult, or if feelings of sadness stick around too long, it might be depression.

Depression is a mood disorder that can cause someone to feel overly sad, tired, irritable, hopeless, or uninterested in daily life. It's a common condition with many different symptoms. It's often treated with therapy, medication, lifestyle changes, or a combination of the three. The sooner treatment begins, the better it works.

Take Your Next Steps

Based on your results, we recommend starting a conversation with a mental healthcare provider. Let us help you find one.

[Help Me Find a Doctor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR HEALTHAWARE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Copyright 2024 Unlock Health | All Rights Reserved