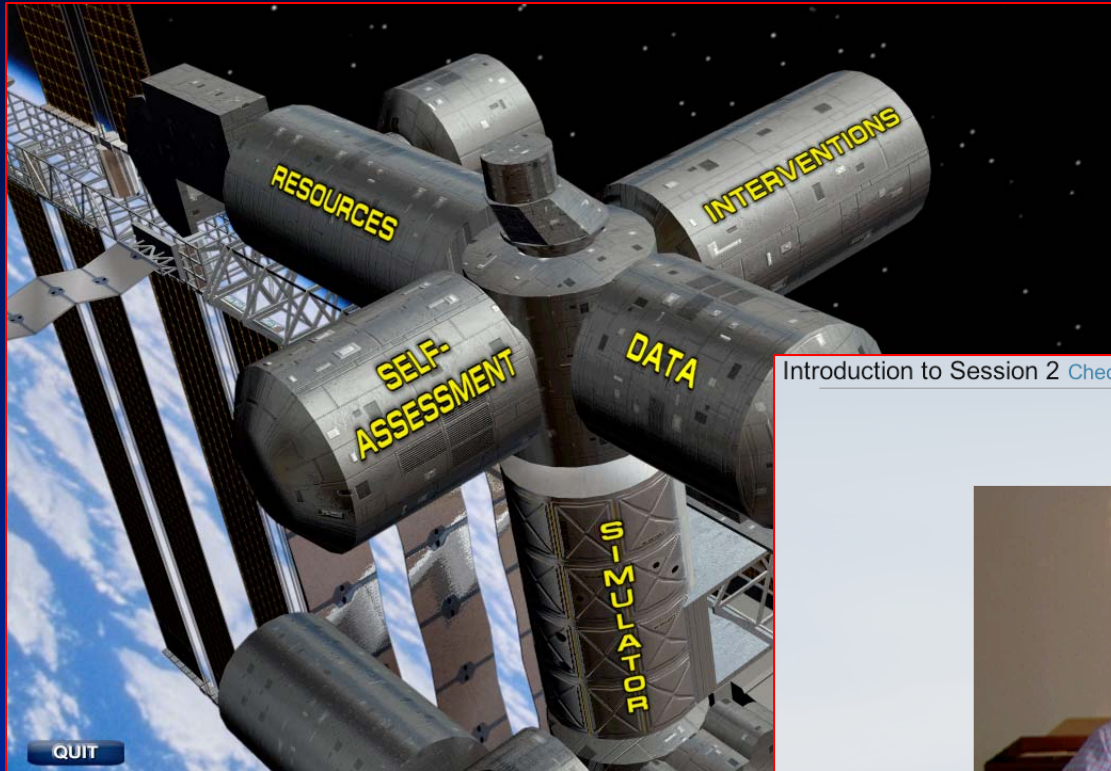


# Virtual Space Station



Introduction to Session 2 [Checking on depression](#)



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QUIT

PLAY

NAVIGATE



# Virtual Space Station

## Depression Self-Assesment

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at all      Several days      More than half the days      Nearly every day

- | Over the last 2 weeks, how often have you been bothered by any of the following problems?   | Not at all            | Several days          | More than half the days | Nearly every day      |
|---|-----------------------|-----------------------|-------------------------|-----------------------|
| 1. Little interest or pleasure in doing things  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 2. Feeling down, depressed, or hopeless   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 3. Trouble falling or staying asleep, or sleeping too much  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 4. Feeling tired or having little energy  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 5. Poor appetite or overeating  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 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 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 9. Thoughts that you would be better off dead or of hurting yourself in some way  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |
| 10. Thoughts of hurting or killing someone else   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>   | <input type="radio"/> |

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Click Continue when ready

QUIT

BACK UP

CONTINUE

## Step 1: Stating the Problem Making your problem list



### Your Problem List

Caring for elder parents  
 Longstanding bad feelings toward sibling or parents  
 Don't like/bored with my current job  
 Few social activities



QUIT

BACK UP

PLAY

NAVIGATE