Goldberg’s Depression Scale

The following is an adaptation of Dr. Goldberg’s Depression Screening Questionnaire developed in 1993. You may self score this test with the instructions at the bottom of the screening questions. A simple screening test such as this will not provide a diagnosis or treatment for symptoms of depression or other mood disorders. It is best if you use the results to identify possible symptoms and for seeking professional assistance.

When answering the questions think back over the last ten to fourteen days and reflect on the relevance of each statement for your personal experience.

0 = Not at all  1 = Just a little  2 = Somewhat  3 = Moderately  4 = Quite a lot  5 = Very much

1. I do things slowly. 0 1 2 3 4 5
2. My future seems hopeless. 0 1 2 3 4 5
3. It is hard for me to concentrate on reading or other tasks. 0 1 2 3 4 5
4. The pleasure and joy has gone out of my life. 0 1 2 3 4 5
5. I have difficulty making decisions. 0 1 2 3 4 5
6. I have lost interest in aspects of life that used to be important to me. 0 1 2 3 4 5
7. I feel sad, blue, and unhappy most of the time. 0 1 2 3 4 5
8. I am agitated and restless much of the time. 0 1 2 3 4 5
9. I feel fatigued. 0 1 2 3 4 5
10. It takes great effort for me to do simple things. 0 1 2 3 4 5
11. I feel that I am a guilty person who deserves to be punished. 0 1 2 3 4 5
12. I feel like a failure. 0 1 2 3 4 5
13. I feel lifeless - - - more dead than alive. 0 1 2 3 4 5
14. My sleep has been disturbed: too little, too much, or broken sleep. 0 1 2 3 4 5
15. I spend time thinking about how I might kill myself. 0 1 2 3 4 5
16. I feel trapped or caught. 0 1 2 3 4 5
17. I feel depressed even when good things happen to me. 0 1 2 3 4 5
18. Without trying to diet, I have lost, or gained, weight. 0 1 2 3 4 5
Screening test scoring ranges:

0 – 9  No depression likely
10 – 21 Possible symptoms that may be due to depression or other medical issues.
22 – 35 Mild to Moderate Depression.
36 – 53 Moderate to Severe Depression
54 and up Severely Depressed

The higher the number, the more severe your depression is likely to be. Please seek professional assistance for symptoms of depression and if your symptoms are severe or life threatening please stay safe and call 911 or go to your nearest emergency room.

Dr. Ivan Goldberg was a well-known and respected psychiatrist in New York City for over fifty years. He was best known for innovative treatments of medication resistant depression and bipolar disorder. He served on the staff of the National Institute of Mental Health, in the Departments of Psychiatry at the Columbia-Presbyterian Medical Center and Columbia University's College of Physicians and Surgeons. He also founded PsyCom.net in 1997, an online resource site for clinicians and consumers.

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