

DSM 5 – Depression Checklist

Symptom	Yes	No
Feeling sad all or most of the time		
Diminished interest/pleasure in activities (anhedonia)		
Feelings of guilt, worthlessness, hopelessness, regret		
Energy deficit		
Concentration deficit		
Increased or decreased appetite		
Psychomotor retardation or agitation		
Suicidal ideation		
Increased/Decreased sleep compared to normal		

DSM 5 – Anxiety Checklist

Symptom	Yes	No
Excessive worry		
Difficult to control worry		
Any number or greater of the following: <ul style="list-style-type: none"> • Restlessness • Easily fatigued • Irritability • Sleep disturbance 		
Clinically significant distress or impairment in social, occupational or other areas of functioning		
Symptoms not secondary to substance (ie. Drugs, alcohol)		
Cannot be explained by anything else		