

## HLDS

In the past few weeks, how true are the following for you.

<b>1. I enjoy activities less than usual</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>2. I feel disappointed with myself</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>3. I feel hopeless</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>4. I am irritable</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>5. It is difficult to sleep well</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>6. I want to eat more or less than usual</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>7. I wish I could stop everything in my life</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>8. I have difficulty completing my work</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>9. I am tired or fatigued most days</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me
<b>10. I feel like I can't do anything right</b>	0 Not at all true for me	1 A little true for me	2 Somewhat true for me	4 Totally true for me

**Administration notes for the Hope Lab Depression Screen (HLDS)**

This screen is a symptomology screen for clinicians. It is not intended for diagnosis of depression or any psychopathology. This screen is intended to help clinicians focus on symptoms that are most common in depression. Further assessment would be needed to determine whether the client meets the criteria for depression. In particular, clinicians should determine if positive responses to #7 (wishing to stop everything in life) includes suicidal ideations or intent.

Scores of 6 or higher warrant further assessment for depression.