

Does My Child Have Depression?

Do you wonder if your child shows signs of depression? Check the descriptors below while marking how long, and how often these behaviors have been occurring.

Signs of Possible Depression (Check all that apply)	Description (How long, how often, give examples)
Feelings. Does your child express the following:	
• Sadness	
• Emptiness	
• Hopelessness	
• Guilt	
• Worthlessness	
• Not enjoying every day pleasures	
Thinking. Is your child having difficulty:	
• Concentrating	
• Making decisions	
• Completing school work	
• Maintaining grades	
Physical Problems. Does your child complain of:	
• Headaches	
• Stomachaches	
• Joint or backaches	
• Lack of energy	
• Sleeping problems (too much/little)	
• Weight or appetite changes (gain or loss)	
Behavioral Problems. Is your child:	
• Restless	
• Irritable/angry/raging	
• Not wanting to go to school	
• Wanting to be alone most of the time	
• Having difficulty getting along with others	
• Cutting classes or skipping school	
• Dropping out of sports, hobbies or activities	
• Drinking or using drugs	
Suicide Risk. Does your child talk or think about:	
• Suicide	
• Death	
• Other morbid subjects	

Talk to your child, let him/her know you are concerned and want to help in any way you can. If you look at these symptoms and find that you are very concerned, you may want to take this list to your child's physician, pastor, or a therapist.

Recognizing the Signs and Symptoms of Depression

Dr. Katherine C. Nordal, APA executive director for professional practice, discusses the warning signs of depression.

