



Name: _____

Date: _____

Quiz

True or false. Write T or F next to each statement:

1. ____ Depression is always inherited.
2. ____ Anyone can become depressed.
3. ____ Depression can last for years if it's not treated.
4. ____ Depression can cause physical symptoms like stomachaches and headaches.
5. ____ People with depression may not realize they are depressed.
6. ____ People can get depressed due to problems with any of these things: genes, brain chemistry, seasons and daylight, life events, family and social environment, health conditions and hormonal changes.

Fill in the blanks:

7. Depression can affect your _____, causing you to lose or gain weight.
8. If you've been feeling sad, hopeless, or discouraged for weeks, you may be _____.
9. _____ is a good way to share your feelings and get some understanding of your sadness.

10. Circle or underline the things that might help lift your mood if you're depressed:

- | | |
|--------------------------------|---|
| Exercising | Thinking about things you're grateful for |
| Dwelling on your problems | Drinking alcohol |
| Talking to someone you trust | Going for a walk |
| Doing something you enjoy | Eating a box of doughnuts |
| Thinking about all your faults | Playing with your pet |