

DEPRESSION CHECK-IN

This questionnaire—called the PHQ-9 screening tool—can help you assess for the presence and severity of depressive symptoms and a possible depressive disorder that needs treatment. It calculates how many common symptoms you have and suggests where you might be on a scale.

Over the last 2 weeks how often have you been bothered by the following problems:	Not at all	Several days	Over half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling or staying asleep, or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching tv	0	1	2	3
Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around more than usual	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<i>Add the score for each column</i>				
<i>Sum of all scores</i>				

The following cut-offs correlate with level of depression severity:

Score 0-4: Minimal depression

Score 5-9: Mild depression

Score 10-14: Moderate depression

Score 15-19: Moderately severe depression

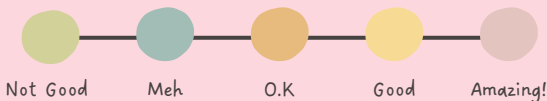
Score 20-27: Severe depression



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Depression is an illness that is significantly widespread. It is completely normal for everyone to feel sad sometimes. However, if you are sad very often, you may suffer from depression. Depression can be treated with therapy. To find out if you are depressed, ask yourself: Am I often sad? Have I lost interest in certain things? Do I no longer enjoy certain activities? Am I often tired? Are the daily tasks too much for me? Perhaps you can no longer concentrate or feel bad and worthless. You may even think that your life no longer has any meaning. These are important signs of depression, and you should seek help immediately.

How are you feeling today?



I'm not feeling well. Where can I get help for free?

Contact	What do I get?	Languages available
ipso-care.com	seek advice from experienced counsellors online and anonymously	German, English, French, Turkish, Russian, Ukrainian, Somali, Italian, Farsi, Dari, Arabic, Tigrinya, Pashto and Burmese
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	telephone counselling service (Telefonseelsorge) for urgent help, available 24 hours	German Arabic, Turkish and Urdu Russian
handbookgermany.de/en/mental-health	essential tips on Germany and its mental health policy framework online guide on how to find psychotherapeutic consultations	German, English, Arabic, Persian, Turkish, French, Pashto, Russian, and Ukrainian

CHECK-IN: DEPRESSION

Dieser Fragebogen—das sog. PHQ-9-Screening-Tool—kann dir dabei helfen, das Vorhandensein und die Schwere von depressiven Symptomen und einer möglichen depressiven Störung, die behandelt werden muss, einzuschätzen. Er berechnet, wie viele gängige Symptome du hast und schlägt vor, wo du dich auf einer Skala befinden könntest.

In den letzten 2 Wochen war ich von folgenden Problemen beeinträchtigt:	Not at all	Several days	Over half the days	Nearly every day
Wenig Interesse oder Freude	0	1	2	3
Müdigkeit oder keine Energie	0	1	2	3
Niedergeschlagenheit, Schwermut oder Hoffnungslosigkeit	0	1	2	3
Schwierigkeiten, ein- oder durchzuschlafen, oder vermehrter Schlaf	0	1	2	3
Verminderter Appetit oder übermäßiges Bedürfnis zu essen	0	1	2	3
Schlechte Meinung von sich selbst; Gefühl des Versagens oder Familie enttäuscht zu haben	0	1	2	3
Schwierigkeiten, sich zu konzentrieren, z. B. beim Zeitunglesen oder Fernsehen	0	1	2	3
Waren Bewegungen oder Sprache so verlangsamt, dass es auch anderen auffallen würde? Oder im Gegenteil: „zappelig“ oder ruhelos mit stärkerem Bewegungsdrang als sonst?	0	1	2	3
Gedanken, dass Sie lieber tot wären oder sich Leid zufügen möchten	0	1	2	3
<i>Addiere jeweils die Punkte jeder Spalte zusammen</i>				
<i>Summe aller Spalten</i>				

Die folgenden Grenzwerte korrelieren mit dem Schweregrad der Depression:
Punktzahl 0-4: Minimale Depression
Punktzahl 5-9: Leichte Depression
Punktzahl 10-14: Moderate Depression
Punktzahl 15-19: Mäßig schwere Depression
Punktzahl 20-27: Schwere Depression



CHECK-IN: DEPRESSION

Depression ist eine weit verbreitete Krankheit. Es ist völlig normal, dass jeder manchmal traurig ist. Wenn du jedoch sehr oft traurig bist, könntest du an Depressionen leiden. Diese können mit Therapie behandelt werden. Um herauszufinden, ob du depressiv bist, frage dich selbst: Bin ich oft traurig? Habe ich das Interesse an bestimmten Dingen verloren? Genieße ich bestimmte Aktivitäten nicht mehr? Bin ich oft müde? Sind die täglichen Aufgaben zu viel für mich? Vielleicht kannst du dich nicht mehr konzentrieren oder fühlst dich schlecht und wertlos. Du könntest sogar denken, dass dein Leben keine Bedeutung mehr hat. Dies sind wichtige Anzeichen für Depressionen, und du solltest sofort Hilfe suchen.

Wie geht's dir heute?



Mir geht es nicht gut. Wo kann ich kostenlos Hilfe bekommen?

Kontakt	Was bekomme ich?	Verfügbare Sprachen
ipso-care.com	Bekomme online und anonym Rat und Hilfe von erfahrenen psychosozialen Berater*innen	Deutsch, Englisch, Französisch, Türkisch, Russisch, Ukrainisch, Somali, Italienisch, Persisch, Dari, Arabisch, Tigrinya, Paschtu und Burmesisch
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	Telefonseelsorge: Telefonberatungsdienst für dringende Hilfe und Notfälle, rund um die Uhr verfügbar	Deutsch Arabisch , Türkisch und Urdu Russisch
handbookgermany.de/en/mental-health	Wichtige Tipps zu Deutschland und den Rahmen für die Gesundheitspolitik im Bereich der psychischen Gesundheit Online-Leitfaden zur Suche von Psychotherapie	Deutsch, Englisch, Arabisch, Persisch, Türkisch, Französisch, Paschtu, Russisch und Ukrainisch

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Ang questionnaire na ito—tinatawag na PHQ-9 screening tool—ay maaaring makatulong sa iyo upang suriin ang pagkakaroon at kahit ang pagiging malubha ng mga sintomas ng pagkalungkot at isang posibleng karamdamang may kaugnayan sa pagkalungkot na nangangailangan ng paggamot. Ito ay nagkokomputa kung ilang karaniwang sintomas ang mayroon ka at nagmumungkahi kung saan ka maaaring matatagpuan sa isang scale.

Sa loob ng nakaraang dalawang linggo, gaano ka nag-alala sa mga sumusunod na problema?	Hindi kailanman	Sa loob ng ilang araw	Sa loob ng lampas sa kalahati ng mga araw	Halos araw-araw
Walang interes o kasiyahan sa paggawa ng mga bagay bagay	0	1	2	3
Malungkot, depres, o walang pag-asa	0	1	2	3
Nahihirapan makatulog, manatiling tulog, o kaya ay natutulog ng sobra sobra	0	1	2	3
Pagod, matamlay at mababa ang enerhiya	0	1	2	3
Walang ganang kumain o kaya ay sobra-sobrang kumain	0	1	2	3
Masama ang pakiramdam sa sarili, o kaya nagiiisip na ikaw ay kabiguan, o kaya binigo mo ang iyong sarili o ang iyong pamilya	0	1	2	3
Hirap magtuon ng pansin sa mga bagay, tulad ng pagbabasa ng dyaryo or panonood ng tv	0	1	2	3
Mabagal gumalaw o magsalita na kapansin pansin sa ibang tao. O ang kabaliktaran na ikaw ay malikot o galawgaw at ikaw ay gumagalaw ng labis sa nakasanayan	0	1	2	3
Pag-iisip na mas mabuting patay ka na, o kaya ay saktan ang iyong sarili	0	1	2	3
<i>Kalahatan/Suma Ng bawat Hanay</i>				
<i>Kalahatang/Suma Ng lahat Ng Hanay</i>				

Ang sumusunod na mga cut-offs ay may kaugnayan sa antas ng kahirapan ng depresyon:

Score 0-4: Minimal na depresyon

Score 5-9: Mahinang depresyon

Score 10-14: Katamtamang depresyon

Score 15-19: Medyo malalang depresyon

Score 20-27: Malala o napakatinding depresyon



DEPRESSION CHECK-IN

Ang depresyon ay isang sakit na malawak na kumakalat. Ganap na normal para sa lahat na madama ang lungkot paminsan-minsan. Gayunpaman, kung madalas kang malungkot, maaaring ikaw ay may depresyon. Ang depresyon ay maaaring gamutin sa pamamagitan ng terapiya. Upang malaman kung ikaw ay may depresyon, itanong sa iyong sarili: Madalas ba akong malungkot? Nawalan na ba ako ng interes sa ilang bagay? Hindi ko na ba natatamasa ang ilang mga aktibidad? Madalas ba akong mapagod? Masyado na bang mabigat para sa akin ang mga araw-araw na gawain? Baka ikaw ay hindi na makapag-concentrate o pakiramdam na wala kang silbi. Maaari mo pang isipin na ang iyong buhay ay wala nang kahulugan. Ito ay mga mahalagang palatandaan ng depresyon, at dapat mong hanapin agad ang tulong.

Kumusta ang pakiramdam mo ngayong araw?



Hindi ako okay. Saan ako makakakuha ng libreng tulong?

Mga Kontak	Ano ang Makukuha Ko?	Mga Available na Wika
ipso-care.com	Kumuha ng payo mula sa mga karanasang counselors online at nang hindi nakikilala.	German, English, French, Turkish, Russian, Ukrainian, Somali, Italian, Farsi, Dari, Arabic, Tigrinya, Pashto and Burmese
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	teleponong serbisyo ng counselling (Telefonseelsorge) para sa agarang tulong, available 24 oras	German Arabic, Turkish and Urdu Russian
handbookgermany.de/en/mental-health	mga mahalagang tip hinggil sa Alemanya at sa kanyang framework para sa mental health policy online na gabay kung paano makahanap ng mga konsultasyon sa psychotherapy	German, English, Arabic, Persian, Turkish, French, Pashto, Russian, and Ukrainian

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우울증 점검

이 설문지—PHQ-9 스크리닝 도구라고 불림—is 우울증 증상의 존재와 심각성, 그리고 치료가 필요한 가능한 우울증 장애를 평가하는 데 도움을 줄 수 있습니다. 이는 당신이 가진 일반적인 증상의 수를 계산하고 어느 정도의 범위에서 위치할 수 있는지를 제안합니다.

지난 2 주일 동안 당신은 다음의 문제들로 인해서 얼마나 자주 방해 받았습니까?

일 또는 여가 활동을 하는 데 흥미나 즐거움을 느끼지 못함

전혀 방해 받지 않았다

며칠 동안 방해 받았다

7 일 이상 방해 받았다

거의 매일 방해 받았다

0

1

2

3

기분이 가라앉거나, 우울하거나, 희망이 없음

0

1

2

3

. 잠이 들거나 계속 잠을 자는 것이 어려움, 또는 잠을 너무 많이 잠

0

1

2

3

피곤하다고 느끼거나 기운이 거의 없음

0

1

2

3

입맛이 없거나 과식을 함

0

1

2

3

자신을 부정적으로 봄 - 혹은 자신이 실패자라고 느끼거나 자신 또는 가족을 실망시킴

0

1

2

3

신문을 읽거나 텔레비전 보는 것과 같은 일에 집중하는 것이 어려움

0

1

2

3

다른 사람들이 주목할 정도로 너무 느리게 움직이거나 말을 함. 또는 반대로 평상시보다 많이 움직여서, 너무 안절부절 못하거나 들떠 있음

0

1

2

3

자신이 죽는 것이 더 낫다고 생각하거나 어떤 식으로든 자신을 해칠 것이라고 생각함

0

1

2

3

각 열의 점수를 더하세요

모든 점수의 합

다음의 점수 구간은 우울증의 심각도와 관련이 있습니다:

점수 0-4: 경도의 우울증

점수 5-9: 약간의 우울증

점수 10-14: 중등도의 우울증

점수 15-19: 중간 정도로 심한 우울증

점수 20-27: 심한 우울증



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우울증 점검

오늘 기분 어떠세요?



우울증은 상당히 퍼져 있는 병입니다. 모든 사람이 가끔 슬픔을 느끼는 것은 완전히 정상입니다. 그러나 당신이 아주 자주 슬퍼한다면, 우울증에 시달릴 수 있습니다. 우울증은 치료를 통해 다룰 수 있습니다. 우울증에 시달리고 있는지 확인하려면 스스로에게 물어보세요: 나는 자주 슬프나요? 특정한 일에 관심을 잃었나요? 특정 활동을 더 이상 즐기지 않나요? 나는 자주 피곤한가요? 일상의 일들이 나에게 너무 많나요? 아마도 집중하기 힘들거나 자신을 나쁘게 느낄 수도 있습니다. 심지어 당신의 삶이 더 이상 의미가 없다고 생각할 수도 있습니다. 이러한 것들은 우울증의 중요한 증상들이며, 당신은 즉시 도움을 찾아야 합니다.

제 기분이 좋지 않아요. 무료로 어디서 도움을 받을 수 있을까요?

연락처	무엇을 받을 수 있나요?	사용 가능한 언어
ipso-care.com	온라인으로 익명으로 경험이 풍부한 상담사로부터 조언을 구하십시오.	독일어, 영어, 프랑스어, 터키어, 러시아어, 우크라이나어, 소말리아어, 이탈리아어, 페르시아어, 다리어, 아랍어, 티그리냐어, 파슈토어, 버마어
0800 111 0 111 030 44 35 09 821 030 44 35 09 821	긴급한 도움을 위한 전화 상담 서비스 (Telefonseelsorge), 24시간 이용 가능	독일어 아랍어, 터키어, 우르두어 러시아어
handbookgermany.de/en/mental-health	독일과 그 정신건강 정책 구조에 대한 필수 팁 심리치료 상담을 찾는 방법에 대한 온라인 안내서	독일어, 영어, 아랍어, 페르시아어, 터키어, 프랑스어, 파슈토어, 러시아어, 우크라이나어

