

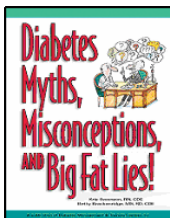
# Live Well with Diabetes

## Depression Test

Depression is very common among people with diabetes. These are common symptoms of depression. The more of them you have, the more likely it is that you are depressed.

- Feeling sad or depressed most days.
- Getting less pleasure from your job, sports, hobbies, or relationships.
- Often feeling tired, without energy.
- Sleeping too much or too little.
- Gaining or losing weight without trying.
- Feeling guilty or worthless, like everything's your fault.
- Trouble making decisions, concentrating.
- Feeling either agitated or like you can't move.
- Thoughts of suicide.

If you have three or more of these symptoms or think you're depressed, it's important to see your doctor right away. He or she can do screening tests to help diagnose depression and suggest treatment options if needed.



From Diabetes Myths, Misconceptions, and Big Fat Lies!  
By Kris Swenson, RN, CDE

To purchase a copy of the book and video please go to:  
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