Quiz Answer Key

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

1. F Depression is always inherited.
2. T Anyone can become depressed.
3. T Depression can last for years if it’s not treated.
4. T Depression can cause physical symptoms like stomachaches and headaches.
5. T People with depression may not realize they are depressed.
6. T 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 ______________________ appetite, causing you to lose or gain weight.

8. If you’ve been feeling sad, hopeless, or discouraged for weeks, you may be ______________________ depressed ____________.

9. ______________________ Talking ______________________ 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