

# depression & loneliness

**Learning Objective:** Each student will understand the difference between sadness and depression, and how to address loneliness and suicidal ideation.

## Quiz Reflection:

---

---

---

---

---

## Video Reflection:

---

---

---

---

---

## Podcast Reflection:

---

---

---

---

---

## Goals:

**1.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**2.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**3.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

Make sure your goals are:

1. Obvious
2. Attractive
3. Easy
4. Satisfying

## Final Thoughts:

---

---

---

---

---

---

---

**SchoolPulse**   
REACHING EVERY STUDENT

**Access your Online Dashboard**

Login at [my.schoolpulse.org](http://my.schoolpulse.org)

**Not signed up?**

See your instructor for the opt-in code.

# depression & loneliness quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. Do you experience feelings of sadness, hopelessness, or emptiness?**

- Never       Rarely       Sometimes  
 Often       Very often

**2. Do you find it hard to find pleasure in activities you used to enjoy?**

- Never       Rarely       Sometimes  
 Often       Very often

**3. Do you find yourself eating less or more than usual?**

- Never       Rarely       Sometimes  
 Often       Very often

**4. Do you lack energy or motivation?**

- Never       Rarely       Sometimes  
 Often       Very often

**5. Do you have trouble getting to sleep or staying asleep? Or are you finding it hard to get up in the morning?**

- Never       Rarely       Sometimes  
 Often       Very often

**6. Have you had thoughts about harming yourself or ending your life?**

- Never       Rarely       Sometimes  
 Often       Very often

**7. Do you feel guilty or fearful for no reason?**

- Never       Rarely       Sometimes  
 Often       Very often

**8. Do you view yourself as equally worthwhile and deserving as other people?**

- Never       Rarely       Sometimes  
 Often       Very often

**9. Do you feel restless?**

- Never       Rarely       Sometimes  
 Often       Very often

**10. Do you find yourself avoiding friends and family?**

- Never       Rarely       Sometimes  
 Often       Very often

**11. Do you notice a change in your usual capacity to concentrate or make decisions?**

- Never       Rarely       Sometimes  
 Often       Very often

**12. Do you notice that your thinking feels slowed down or that your voice sounds dull or flat?**

- Never       Rarely       Sometimes  
 Often       Very often

**13. Do you have trouble finding joy in life or do you feel like you will never be happy again?**

- Never       Rarely       Sometimes  
 Often       Very often

**14. Do you feel angry, irritable, or frustrated, even over small matters?**

- Never       Rarely       Sometimes  
 Often       Very often

Want to learn more about depression and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points.

**Never = 1 point**  
**Rarely = 2 points**  
**Sometimes = 3 points**  
**Often = 4 points**  
**Very Often = 5 points**

Total Points: \_\_\_\_\_

<b>14-30</b> - little to no indication of a depressive disorder	<b>31-45</b> - mild indication of a depressive disorder	<b>46-56</b> - moderate indication of a depressive disorder	<b>57-70</b> - strong indication of a depressive disorder
---	---	---	---

*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date