



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Depressed? Quick Self-Screener

A 10-question evidence-based mood check

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Depression is not laziness. It is not weakness. It is a very real experience that millions carry silently – because they fear being judged. My deepest hope is that this guide helps you feel a little less alone.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Depressed? Quick Self-Screener

This short assessment can help you understand your current emotional state. Please answer honestly based on the last two weeks.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Over last 2 weeks, how often have you felt down, depressed, or hopeless?
- Over last 2 weeks, how often have you had little interest or pleasure in doing things?
- Over last 2 weeks, how often have you felt tired or had little energy?
- Over last 2 weeks, how often have you had trouble sleeping or slept too much?
- Over last 2 weeks, how often have you had changes in appetite or weight?
- Over last 2 weeks, how often have you felt bad about yourself – or that you are a failure or have let yourself or your family down?
- Over last 2 weeks, how often have you had trouble concentrating on things, such as reading or watching TV?
- Over last 2 weeks, how often have you been moving or speaking so slowly that other people could have noticed?
- Over last 2 weeks, how often have you been fidgety or restless, more than usual?
- Over last 2 weeks, how often have you felt that you can't get going, or have been thinking more than usual about death or hurting yourself?

Score: Count the number of 'Most or all of the day' and 'Nearly every day' answers. These are your scores for questions 1-10.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Minimal Concern

These results suggest you are feeling well overall. Continue focusing on positive habits and self-care.

SCORE: 4-6

Mild Concern

You may be experiencing some difficulties. Consider small changes to improve your mood and energy levels.

SCORE: 7-8

Moderate Concern

It seems you are facing significant challenges. It is advisable to seek support to navigate these feelings.

SCORE: 9-10

High Concern

Your current feelings are causing considerable distress. Reaching out for professional guidance is strongly recommended for support and well-being.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If you are finding yourself consistently low or unmotivated, remember that small, consistent actions towards self-care can make a difference. Gentle movement, mindful moments, or connecting with a loved one are great starting points.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these feelings, if any, have been most challenging for you recently?

2. What is one small step you could take to address a feeling of low energy or lack of interest?

3. Who is someone you trust that you could talk to about how you are feeling?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments Journal

A guided journal to cultivate present moment awareness.

₹299

2

Stress Resilience Workshop

Learn practical techniques to manage stress effectively.

₹799

3

Positive Affirmations Deck

Daily cards to uplift your thoughts and boost confidence.

₹499

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Healing is not linear. But every single step – however small – counts. I am proud of you for taking this one."

– Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224