

MOOD AND MEMORY:

Do you ever feel discouraged or depressed?	
Were you ever been on antidepressants?	
Are you ever anxious,nervous or irritable?	
Do you lose self control?	
Do you have difficulty making decisions or setting goals?	
Are you less self confident now?	
Do you tend to isolate yourself?	
Do small things set you off?	
Have you noticed a decrease in mental sharpness?	
Do you have trouble concentrating?	

Your Score :

If you score ≥ 5 ; the its time for you to consult your doctor