

Signs and Symptoms of Depression

Following are some of the symptoms of depression. Most people with depression experience some of these, but not necessarily all of them. If any of these symptoms last for two or more weeks, a consultation with a mental health professional is a good idea.

- SADNESS
- FEELINGS OF EXTREME GUILT
- SUICIDAL IDEAS
- INSOMNIA
- DIMINISHED INTEREST IN ACTIVITIES
- DIFFICULTY CONCENTRATING
- ANXIETY
- APPETITE CHANGES
- WEIGHT CHANGES
- SOCIAL WITHDRAWAL
- INDECISIVENESS
- DECREASED SEXUAL INTEREST
- MOOD SWINGS
- DISTORTED THINKING
- LOW SELF-ESTEEM
- FEELINGS OF HOPELESSNESS
- EXHAUSTION
- FEELINGS OF HELPLESSNESS
- AGITATION
- IRRITABILITY
- INABILITY TO SLEEP

This material is provided by CIGNA for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.



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Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to eshcomments@cigna.com

Your company: _____

Seminar date: _____ Company city, state: _____

Presenter: _____ Title of seminar: _____

Please state your agreement/disagreement with the following statement using this scale.

4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
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1. SEMINAR CONTENT:

- | | | | | |
|--|---|---|---|---|
| a. The information I received was helpful. | 4 | 3 | 2 | 1 |
| b. The seminar met the stated objectives. | 4 | 3 | 2 | 1 |

2. SPEAKER EVALUATION:

- | | | | | |
|---|---|---|---|---|
| a. The speaker presented the information clearly. | 4 | 3 | 2 | 1 |
| b. The speaker responded well to participants. | 4 | 3 | 2 | 1 |
| c. The speaker was knowledgeable on the subject. | 4 | 3 | 2 | 1 |

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?