

# Evaluation of Depression

## ***Why Is Evaluation Necessary?***

A number of medical conditions can cause or contribute to depression. For instance, some blood problems can cause symptoms much like depression. For this reason, before prescribing a treatment, your doctor needs an accurate diagnosis of your problem. The key to accurate diagnosis is understanding how you feel inside and how your problems developed.

## ***What Will My Doctor Ask Me?***

To make an accurate diagnosis, your doctor will...

- Ask about your symptoms.
- Ask about your general health.
- Check your medications for those that can cause depression.
- Ask about your family history of general medical and mental disorders.
- Give you a physical examination.
- Conduct some basic laboratory tests.