Depression Questionnaire

EXPLORING WHAT MIGHT BE AFFECTING YOU

This questionnaire includes common reasons that can contribute to feeling sad or depressed, especially for people with autism. Tick the items that apply to you.

Your feelings matter. You are not alone.

1 SOCIAL & RELATIONSHIP FACTORS

- [ ] Loneliness
- [ ] Being rejected or humiliated by people at school
- [ ] Being bullied and teased by people at school
- [ ] Feeling exhausted from trying to be accepted and liked
- [ ] Believing the criticisms of students at school
- [ ] Being sensitive to the suffering of others

2 FUTURE & LIFE WORRIES

- [ ] Worry about whether you will have a successful career
- [ ] Believing that past bad experiences will continue forever
- [ ] Feeling constant pressure to fit in and be like everyone else
- [ ] Experiencing the loss of a friendship, pet or family member
- [ ] Not being able to cope with intense sensory sensitivity
- [ ] Experiencing too many changes in your life
- [ ] Being diagnosed with Autism

3 SENSORY & ENVIRONMENTAL FACTORS

- [ ] Not being able to cope with intense sensory sensitivity
- [ ] Experiencing too many changes in your life
- [ ] Not feeling understood by teachers and friends
- [ ] Feeling overwhelmed by school/work environment

4 SCHOOL & WORK PRESSURES

- [ ] Exhaustion from always feeling anxious
- [ ] Being aware of your faults and being a perfectionist
- [ ] Taking corrections in school as personal criticism
- [ ] Being bored at school/work
- [ ] Not feeling understood by teachers and friends
- [ ] Not getting the school grades to match your intelligence
- [ ] Worry about whether you will ever have a relationship

5 EMOTIONAL & PERSONAL CHALLENGES

- [ ] Getting into trouble because of your anger
- [ ] Not having enough strategies to feel happy again
- [ ] Not being understood by your parents
- [ ] Feeling invisible at school
- [ ] Over-analysing your performance in social situations
- [ ] Being aware of and troubled by social injustice
- [ ] Experiencing or having experienced abuse
- [ ] Distress regarding gender identity

A Few Things to Remember

- It's okay to feel sad sometimes. What matters is noticing what might be contributing to it.
- There is no right or wrong answer — just what is true for you.
- Many of these factors can be managed with support, coping strategies and self-understanding.
- If you're feeling overwhelmed, reaching out for support is a sign of strength, not weakness.



You are more than your struggles.

Understanding what's going on is the first step towards feeling better.

BE KIND TO YOURSELF • YOU DESERVE SUPPORT