



Tools and resources on depression for use in clinical practice, education and training

Fill in this tool

[Hospital Anxiety and Depression Scale \(HADS\) \(36kb pdf\)](#)

Assess significant symptoms of depression and anxiety with this tool by Zigmond and Snaith (1983)

Complete this tool

[Patient Health Questionnaire \(PHQ-9\)](#)

Use this online tool to measure the severity of depression symptoms.

View this resource

[Patient education: Depression treatment options for adults](#)

Use this resource by UpToDate for assessment, treatment methods and referral processes for palliative care patients with depression

Access this factsheet

[What is cognitive behavioural therapy? \(205kb pdf\)](#)

Read this factsheet by American Psychological Association covering core principles and mechanisms of cognitive behavioural therapy

Optimise your learning

[Caring for a patient's mental state](#)

Develop skills in understanding, assessing and managing clinically significant depression symptoms in these modules by EOL Essentials

Read this resource

[Assessment and management of depression in palliative care](#)

Read more about the assessment and management of depression in palliative care from UpToDate