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**Wellness Survey**

Fill out our wellness survey and be entered in our drawing for a \$100 gift certificate at Amazon.com. Personal information will remain confidential. Statistics will be gathered and used for our upcoming wellness articles.

\* Have you ever experienced what you believe MIGHT have been a clinical depression (whether or not you sought treatment)?

Yes

No

\* If yes, have you sought treatment from a professional?

Yes

No

N/A

\* If yes, have you subsequently or concurrently been asked to supply details about the illness to:

state licensure board

hospital credentialing

group practice credentialing

N/A

\* If yes, did you do so?

Yes

No

N/A

\* If you did not seek treatment, did fear of reporting requirements figure into your decision?

Yes

No

N/A

\* Have you ever known a physician colleague who has had a clinical depression (diagnosed by someone other than you)?

Yes

No

\* Have you ever suggested to a colleague that they might be depressed?

Yes

No

\* If you are ever affected by symptoms which might be depressive in nature (feelings of sadness, worthlessness, loss of energy or creativity or libido, somatic symptoms) do you:

increase your work and productivity efforts

increase exercise

increase carbohydrate intake

increase light exposure

talk to a trusted other

drink alcohol

self prescribe

other

N/A

If you chose "other" in the previous question, what is it that you do to cope?

\* If you have ever been depressed or had symptoms which might be depressive in nature, did this occur in the winter?

Yes

No

N/A

\* Does your workplace have windows?

Yes

No

\* Does your workplace have full spectrum lighting? (Replacement of standard fluorescent bulbs with more expensive ones, which would probably be publicized)

Yes

No

don't know

\* Do you have a physician or other source of primary medical care?

Yes

No

\* If not, do you know whom you might consult if you felt you were developing depression?

Yes

No

N/A

\* If you have ever been depressed or had symptoms which might be depressive in nature, did you ever consider harming yourself in the midst of this condition?

Yes

No

N/A

\* Do you personally know a physician who has completed suicide?

Yes

No

(Optional) If you have had personal experience with depression and would like to comment, use the following block to share your thoughts. Quotes will remain anonymous unless name is placed within the block with comment.

Enter your email address so we can include you in our drawing for \$100 at Amazon.com!

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