



Name: _____

Date: _____

Please pick the single statement in each of the groups below that best describes the way you have felt for the last week including today and draw a circle around the number in front of that statement if you cannot decide between more than one statement in a group, circle each answer that is correct for you.

0 I do not feel sad.
1 I feel sad.
2 I am sad all the time and can't snap out of it.
3 I am so sad or unhappy that I can't stand it.

0 I am not discouraged about the future.
1 I feel discouraged about future.
2 I feel I have nothing to look forward to.
3 My future is hopeless and things cannot improve.

0 I do not feel like a failure.
1 I feel that I have failed more than most people.
2 As I look back, all I see are a lot of failures.
3 I feel that I am a complete failure as a person.

0 I enjoy things as much as I used to.
1 I don't enjoy things the way I use to.
2 I don't get much pleasure out of anything.
3 I am dissatisfied or bored with everything.

0 I don't feel especially guilty.
1 I feel guilty some of the time.
2 I feel guilty most of the time.
3 I feel guilty all of the time.

0 I don't feel that I am being punished.
1 I feel that I may be punished.
2 I expect to be punished.
3 I feel that I am now being punished.

0 I am not disappointed in myself.
1 I am disappointed in myself.
2 I am disgusted with myself.
3 I hate myself.

0 I do not feel sad.
1 I feel sad.
2 I am sad all the time and can't snap out of it.
3 I am so sad or unhappy that I can't stand it.

0 I feel that I am no worse than anyone else.
1 I am too critical of myself.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.

0 I have no thoughts of killing myself.
1 I have some thoughts of killing myself, but I know I will not carry them out.
2 I would like to take my own life.
3 I would kill myself if I had the chance.

0 I don't cry anymore than usual.
1 I cry more than I used to.
2 I cry all the time now.
3 I am so depressed now that I can't even cry.

0 I am no more irritated than usual.
1 I get annoyed or irritated more easily than usually.
2 I feel irritated all the time now.
3 I am so down that things no longer even bother me.

0 I have my usual interest in other people.
1 I am less interested in others than usual.
2 I have now little interest in other people.
3 I have no interest at all in other people.

0 I make decisions now as well as I ever have.
1 I now avoid making decisions if I can.
2 It is harder for me to make decisions now than in the past.
3 I just can't make decisions at all anymore.

0 I don't look any worse than usual.
1 I fear that I now look old and unattractive.
2 I feel that there are permanent changes in my appearance that make me look unattractive.
3 I believe that I now look ugly.

0 I can work about as well as usual.
1 It is hard for me to get started doing things now.
2 I really have to push myself to get going.
3 I can't do any work at all now.

0 I sleep about as well as usual now.
1 I don't sleep as well as usual.
2 I wake up an hour or two early and can't go back to sleep.
3 I awaken several hours early but cannot get back to sleep.

0 I have as much energy now as I usually do.
1 I now tire more easily than usual.
2 Almost everything tires me now.
3 I am too tired to do much of anything.

0 My appetite is as good as usual.
1 My appetite is not as good as it usually is.
2 My appetite is much worse now.
3 I now have no appetite at all.

0 I have lost little or no weight lately.
1 I have lost more than 5 pounds.
2 I have lost more than 10 pounds.
3 I have lost more than 15 pounds.
I am making an effort to lose weight by eating less.

0 I am not more worried about my health than usual.
1 I am more worried about my physical health than usual.
I am so worried about my physical health that
2 It is hard to think about much else.
3 All I think is about my poor health.

0 My interest in sex is about what it usually is.
1 I am less interested in sex than usual.
2 I am much less interested in sex than usual.
3 My interest in sex has recently dropped off completely.

(PLEASE ALSO COMPLETE THE OTHER SIDE OF THIS PAGE)