



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.                                                            | 0 I am no more irritated than usual.                                                       |
| 1 I feel sad.                                                                   | 1 I get annoyed or irritated more easily than usually.                                     |
| 2 I am sad all the time and can't snap out of it.                               | 2 I feel irritated all the time now.                                                       |
| 3 I am so sad or unhappy that I can't stand it.                                 | 3 I am so down that things no longer even bother me.                                       |
| 0 I am not discouraged about the future.                                        | 0 I have my usual interest in other people.                                                |
| 1 I feel discouraged about future.                                              | 1 I am less interested in others than usual.                                               |
| 2 I feel I have nothing to look forward to.                                     | 2 I have now little interest in other people.                                              |
| 3 My future is hopeless and things cannot improve.                              | 3 I have no interest at all in other people.                                               |
| 0 I do not feel like a failure.                                                 | 0 I make decisions now as well as I ever have.                                             |
| 1 I feel that I have failed more than most people.                              | 1 I now avoid making decisions if I can.                                                   |
| 2 As I look back, all I see are a lot of failures.                              | 2 it is harder for me to make decisions now than in the past.                              |
| 3 I feel that I am a complete failure as a person.                              | 3 I just can't make decisions at all anymore.                                              |
| 0 I enjoy things as much as I used to.                                          | 0 I don't look any worse than usual.                                                       |
| 1 I don't enjoy things the way I use to.                                        | 1 I fear that I now look old and unattractive.                                             |
| 2 I don't get much pleasure out of anything.                                    | 2 I feel that there are permanent changes in my appearance that make me look unattractive. |
| 3 I am dissatisfied or bored with everything.                                   | 3 I believe that I now look ugly.                                                          |
| 0 I don't feel especially guilty.                                               | 0 I can work about as well as usual.                                                       |
| 1 I feel guilty some of the time.                                               | 1 it is hard for me to get started doing things now.                                       |
| 2 I feel guilty most of the time.                                               | 2 I really have to push myself to get going.                                               |
| 3 I feel guilty all of the time.                                                | 3 I can't do any work at all now.                                                          |
| 0 I don't feel that I am being punished.                                        | 0 I sleep about as well as usual now.                                                      |
| 1 I feel that I may being punished.                                             | 1 I don't sleep as well as usual.                                                          |
| 2 I expect to be punished.                                                      | 2 I wake up an hour or two early and can't go back to sleep.                               |
| 3 I feel that I am now being punished.                                          | 3 I awaken several hours early but cannot get back to sleep.                               |
| 0 I am not disappointed in myself.                                              | 0 I have as much energy now as I usually do.                                               |
| 1 I am disappointed in myself.                                                  | 1 I now tire more easily than usual.                                                       |
| 2 I am disgusted with myself.                                                   | 2 almost everything tires me now.                                                          |
| 3 I hate myself.                                                                | 3 I am too tired to do much of anything.                                                   |
| 0 I do not feel sad.                                                            | 0 My appetite is as good as usual.                                                         |
| 1 I feel sad.                                                                   | 1 My appetite is not as good as it usually is.                                             |
| 2 I am sad all the time and can't snap out of it.                               | 2 My appetite is much worse now.                                                           |
| 3 I am so sad or unhappy that I can't stand it.                                 | 3 I now have no appetite at all.                                                           |
| 0 I feel that I am no worse than anyone else.                                   | 0 I have lost little or no weight lately                                                   |
| 1 I am too critical of myself.                                                  | 1 I have lost more than 5 pounds                                                           |
| 2 I blame myself all the time for my faults.                                    | 2 I have lost more than 10 pounds                                                          |
| 3 I blame myself for everything bad that happens.                               | 3 I have lost more than 15 pounds                                                          |
| 0 I have no thoughts of killing myself.                                         | I am making an effort to lose weight by eating less                                        |
| 1 I have some thoughts of killing myself, but I know I will not carry them out. | 0 I am not more worried about my health than usual.                                        |
| 2 I would like to take my own life.                                             | 1 I am more worried about my physical health than usual.                                   |
| 3 I would kill myself if I had the chance.                                      | I am so worried about my physical health that                                              |
| 0 I don't cry anymore than usual.                                               | 2 it is hard to think about much else.                                                     |
| 1 I cry more than I used to.                                                    | 3 all I think is about my poor health.                                                     |
| 2 I cry all the time now.                                                       | 0 my interest in sex is about what it usually is.                                          |
| 3 I am so depressed now that I can't even cry.                                  | 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)

