



Questions 1 - 4 address different characteristics of mood. Answer each question according to how you have felt during the past week. Choose only one alternative for each question. You may find some of the questions surprising. We hope, nevertheless, that you answer all of the questions.

Name _____

1. How are you feeling	1 I am feeling quite optimistic and good 2 I do not feel sad 3 I feel sad or blue 4 I am blue or sad all the time and I can't snap out of it 5 I am so sad or unhappy that I can't stand it
2. How do you see your future	1 I am full of hope about my future 2 I am not particularly pessimistic or discouraged about the future 3 I feel discouraged about the future 4 I feel I have nothing to look forward to 5 I feel that the future is hopeless and that things cannot improve
3. How would you describe your life	1 my life has been generally successful 2 I do not feel like a failure 3 I feel I have failed more than the average person 4 as I look back on my life, all I can see is a lot of failures 5 I feel I am a complete failure as a person
4. How satisfied or dissatisfied are you with your life	1 I am quite satisfied with my life 2 I am not particularly dissatisfied 3 I don't enjoy things the way I used to 4 I don't get satisfaction out of anything anymore 5 I am dissatisfied with everything
5. How do you feel about yourself	1 I feel quite good about myself 2 I don't feel particularly guilty 3 I feel bad or unworthy a good part of the time 4 I feel quite guilty 5 I feel as though I am very bad or worthless
6. Are you disappointed in yourself	1 I am happy with myself and with what I have achieved 2 I don't feel disappointed in myself 3 I am disappointed in myself 4 I am disgusted with myself 5 I hate myself

7. Do you have thoughts of harming yourself	1 I have never thought about suicide 2 I don't have any thoughts of harming myself 3 I feel I would be better off dead 4 I have definite plans about committing suicide 5 I would kill myself if I had the chance
8. How do you feel about meeting new people	1 I enjoy meeting people and talking with them 2 I have not lost interest in other people 3 I am less interested in other people than I used to be 4 I have lost most of my interest in other people and have little feeling for them 5 I have lost all my interest in other people and don't care about them at all
9. What are your feelings about making decisions	1 making decisions is easy for me 2 I make decisions about as well as ever 3 I try to put off making decisions 4 I have great difficulty in making decisions 5 I can't make any decisions at all anymore
10. How do you feel about your appearance	1 I am quite happy with my appearance 2 I don't feel that I look any worse than I used to 3 I am worried that I am looking old or unattractive 4 I feel that there are permanent changes in my appearance and they make me look unattractive 5 I feel that I am ugly or repulsive-looking
11. Do you have problems with sleep	1 I don't have any problems with sleeping 2 I can sleep as well as usual 3 I wake up more tired in the morning than I used to 4 I suffer from sleeplessness 5 I suffer from sleeplessness, difficulties in getting to sleep or too early awakening
12. Do you ever feel tired or exhausted	1 I almost never feel tired 2 I don't get any more tired than usual 3 I get tired more easily than I used to 4 I get tired from doing anything 5 I get too tired to do anything
13. How is your appetite	1 my appetite is very good 2 my appetite is no worse than usual 3 my appetite is not as good as it used to be 4 my appetite is much worse now 5 I have no appetite at all anymore
14. Are you tense or distressed	1 I have good control over my feelings and do not become tense or distressed easily 2 I do not feel tense or distressed 3 I become distressed quite easily 4 I become anxious, tense or distressed very easily 5 I feel anxious or tense all the time as if I had lost my nerves