

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

1.
  - 0 I do not feel sad.
  - 1 I feel blue or sad.
  - 2 I am blue or sad all the time and I can't snap out of it.
  - 2b I am so sad or unhappy that it is quite painful.
  - 3 I am so sad or unhappy that I can't stand it.
  
2.
  - 0 I am not particularly pessimistic or discouraged about the future.
  1. I feel discouraged about the future.
  2. I feel I have nothing to look forward to.
  - 2b I feel that I won't ever get over my troubles.
  - 3 I feel that the future is hopeless and that things cannot improve.
  
3.
  - 0 I do not feel like a failure.
  - 1 I feel I have failed more than the average person.
  - 2 I feel I have accomplished very little that is worthwhile or that means anything.
  - 2b As I look back on my life, all I can see is a lot of failure.
  - 3 I feel I am a complete failure as a person (parent, husband, wife.)
  
4.
  - 0 I am not particularly dissatisfied.
  - 1 I feel bored most of the time.
  - 1b I don't enjoy things the way I used to.
  - 2 I don't get satisfaction out of anything anymore.
  - 3 I am dissatisfied with everything.
  
5.
  - 0 I don't feel particularly guilty.
  - 1 I feel bad or unworthy a good part of the time.
  - 2 I feel quite guilty.
  - 2b I feel bad or unworthy practically all the time now.
  - 3 I feel as though I am very bad or worthless.
  
6.
  - 0 I don't feel I am being punished.
  - 1 I have a feeling that something bad may happen to me.
  - 2 I feel I am being punished or will be punished.
  - 3a I feel I deserved to be punished.
  - 3b I want to be punished.
  
7.
  - 0 I don't feel disappointed in myself.
  - 1a I am disappointed in myself.
  - 1b I don't like myself.
  - 2 I am disgusted with myself.
  - 3 I hate myself.
  
8.
  - 0 I don't feel I am any worse than anybody else.
  - 1 I am critical of myself for my weaknesses or mistakes.
  - 2 I blame myself for my faults.
  - 3 I blame myself for everything bad that happens.
  
9.
  - 0 I don't have any thoughts of harming myself.
  1. I have thoughts of harming myself but I would not carry them out.
  2. I feel I would be better off dead.
  - 2b I feel my family would be better off if I were dead.
  - 3 I have definite plans about committing suicide.
  - 3b I would kill myself if I could.
  
10.
  - 0 I don't cry any more than usual.
  - 1 I cry more than I used to.

- 2 I cry all the time now. I can't stop it.  
3 I used to be able to cry but now I can't cry at all even though I want to.
11. 0 I am no more irritated now than I ever am.  
1 I get annoyed or irritated more easily than I used to.  
2 I feel irritated all the time.  
3 I don't get irritated at all at the things that used to irritate me.
12. 0 I have not lost interest in other people  
1 I am less interested in other people than I used to be.  
2 I have lost most of my interest in other people and have little feeling for them  
3 I have lost all my interest in other people and don't care about them at all.
13. 0 I make decisions about as well as ever.  
1 I try to put off making decisions.  
2 I have great difficulty in making decisions.  
3 I can't make any decisions at all any more.
14. 0 I don't feel I look any worse than I used to.  
1 I am worried that I am looking old or unattractive.  
2 I feel that there are permanent changes in my appearance and they make me look unattractive.  
3 I feel that I am ugly or repulsive looking.
15. 0 I can work about as well as before.  
1 It takes extra effort to get started at doing something.  
1b I don't work as well as I used to.  
2 I have to push myself very hard to do anything.  
3. I can't do any work at all.
16. 0 I can sleep as well as usual.  
1 I wake up more tired in the morning than I used to.  
2 I wake up 1 to 2 hours earlier than usual and find it hard to get back to sleep.  
3 I wake up early every day and can't get more than 5 hours sleep.
17. 0 I don't get any more tired than usual.  
1 I get tired more easily than I used to.  
2 I get tired from doing anything.  
3 I get too tired to do anything.
18. 0 My appetite is no worse than usual.  
1 My appetite is not as good as it used to be.  
2 My appetite is much worse now.  
3 I have no appetite at all any more.
19. 0 I haven't lost much weight, if any, 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.
20. 0 I am no more concerned about my health than usual.  
1. I am concerned about aches and pains or upset stomach or constipation.  
2. I am so concerned with how I feel or what I feel that it's hard to think of much else.  
3. I am completely absorbed with what I feel.
21. 0 I have not noticed any recent changes in my interest in sex.  
1. I am less interested in sex than I used to be.  
2. I am much less interested in sex now.  
3. I have lost interest in sex completely.