

Date: _____

Name: _____

Date of Birth: _____

Depression Scale

Instructions: This questionnaire includes questions about symptoms of depression. For each item, please indicate how it describes you during the **PAST WEEK, INCLUDING TODAY**. Circle the number in the columns next to the item that best describes you.

Rating Guidelines

0 = not true at all (0 days)

1 = rarely true (1-2 days)

2 = sometimes true (3-4 days)

3 = often true (5-6 days)

4 = almost always true (every day)

During the PAST WEEK, INCLUDING TODAY...

- | | | | |
|---|---|---|---|
| 1. I have felt sad or depressed | 0 | 1 | 2 |
| 3 4 | | | |
| 2. I was not as interested in my usual activities | | | 0 |
| 1 2 3 4 | | | |
| 3. My appetite was poor and I didn't feel like eating | 0 | 1 | 2 |
| 3 4 | | | |
| 4. My appetite was much greater than usual | 0 | 1 | 2 |
| 3 4 | | | |
| 5. I had difficulty sleeping | 0 | 1 | 2 |
| 3 4 | | | |
| 6. I was sleeping too much | 0 | 1 | 2 |
| 3 4 | | | |
| 7. I felt very fidgety, making it difficult to sit still | 0 | 1 | 2 |
| 3 4 | | | |
| 8. I felt physically slowed down, like my body was stuck in mud | 0 | 1 | 2 |
| 3 4 | | | |
| 9. My energy level was low | 0 | 1 | 2 |
| 3 4 | | | |
| 10. I felt guilty | 0 | 1 | 2 |
| 3 4 | | | |
| 11. I thought I was a failure | 0 | 1 | 2 |
| 3 4 | | | |
| 12. I had problems concentrating | 0 | 1 | 2 |
| 3 4 | | | |
| 13. I had more difficulties making decisions than usual | 0 | 1 | 2 |
| 3 4 | | | |
| 14. I wished I was dead | 0 | 1 | 2 |
| 3 4 | | | |

15. I thought about killing myself 0 1 2
3 4

16. I thought that the future looked hopeless 0 1 2
3 4

17. Overall, how much have symptoms of depression interfered with or caused difficulties
in your life during the past week?

- 1) Not at all
- 2) A little bit
- 3) A moderate amount
- 4) Quite a bit
- 5) Extremely

18. How would you rate your overall quality of life during the past week?

- 1) Very good, my life could hardly be better
- 2) Pretty good, most things are going well
- 3) The good and bad parts are about equal
- 4) Pretty bad, most things are going poorly
- 5) Very bad, my life could hardly be worse