

Listed below are a number of symptoms people have when they are feeling depressed. Rate how you feel at the moment by placing an (X) at the appropriate point on each line.

EXAMPLE:

I feel very hot **X** _____ I feel very cold

I do not feel _____ I feel so sad
unhappy _____ I can't stand it

I feel very _____ I do not feel unusually
anxious _____ anxious

I get no pleasure from _____ I still enjoy some
activities _____ activities

I do not feel _____ I feel very
guilty _____ guilty

I have no _____ I have energy and
energy _____ motivation

I have difficulty thinking _____ I think as clearly
and making decisions _____ as usual

I have disturbed sleep _____ I sleep normally
(difficulty sleeping, _____
early waking)

My appetite is _____ My appetite has
normal _____ changed

I have constant negative _____ I think I am reasonably
thoughts about myself _____ OK

I am as active _____ I am much less active
as usual _____ than usual

I feel unusually emotional _____ I feel emotionally
and tearful _____ well-balanced

I feel the future is _____ I do not feel discouraged
hopeless _____ about the future