

Select the best answer for how you felt over the past week.

Are you basically satisfied with your life? Yes No

Have you dropped many of your activities and interests? Yes No

Do you feel that your life is empty? Yes No

Do you often get bored? Yes No

Are you hopeful about the future? Yes No

Are you bothered by thoughts you can't get out of your head? Yes No

Are you in good spirits most of the time? Yes No

Are you afraid that something bad is going to happen to you? Yes No

Do you feel happy most of the time? Yes No

Do you often feel hopeless? Yes No

Do you often get restless and fidgety? Yes No

Do you prefer to stay at home, rather than going
out and doing new things? Yes No

Do you frequently worry about the future? Yes No

Do you feel you have more problems with memory than most? Yes No

- Do you think it is wonderful to be alive now? Yes No
- Do you often feel downhearted and blue? Yes No
- Do you feel pretty worthless the way you are now? Yes No
- Do you worry a lot about the past? Yes No
- Do you find life very exciting? Yes No
- Is it hard for you to get started on new projects? Yes No
- Do you feel full of energy? Yes No
- Do you feel that your situation is hopeless? Yes No
- Do you think that most people are better off than you are? Yes No
- Do you frequently get upset over little things? Yes No
- Do you frequently feel like crying? Yes No
- Do you have trouble concentrating? Yes No
- Do you enjoy getting up in the morning? Yes No
- Do you prefer to avoid social gatherings? Yes No
- Is it easy for you to make decisions? Yes No
- Is your mind as clear as it used to be? Yes No

