The items below refer to how you have felt and behaved during the past week. For each item, indicate the extent to which it is true, by circling one of the numbers that follows it. Use the following scale:

0 = Not at all  1 = Just a little  2 = Somewhat  3 = Moderately  4 = Quite a lot  5 = Very much

1. I do things slowly
2. My future seems hopeless
3. It is hard for me to concentrate on reading
4. The pleasure and joy has gone out of my life
5. I have difficulty making decisions
6. I have lost interest in aspects of life that used to be important to me
7. I feel sad, blue, and unhappy
8. I am agitated and keep moving around
9. I feel fatigued
10. It takes great effort for me to do simple things
11. I feel that I am a guilty person who deserves to be punished
12. I feel like a failure
13. I feel lifeless—more dead than alive
14. My sleep has been disturbed: too little, too much, or broken sleep
15. I spend time thinking about how I might kill myself
16. I feel trapped or caught
17. I feel depressed even when good things happen to me
18. Without trying to diet, I have lost, or gained, weight

Note: This scale is designed to measure changes in the severity of depression and it has been shown to be sensitive to the changes that result from psychotherapeutic or psychopharmacologic treatment. These scales are not designed to diagnose the presence or absence of either depression or mania.

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