

Please check the box next to the description that BEST describes you **IN THE LAST 7 DAYS, including Today.**

Score	0	1	2	3
1. Feeling Sad-How often?	<input type="radio"/> DO NOT feel sad	<input type="radio"/> < HALF the time	<input type="radio"/> > HALF the time	<input type="radio"/> NEARLY ALL the time.
2. Capacity for Pleasure/ Enjoyment (exclude sex)	<input type="radio"/> JUST AS MUCH as usual	<input type="radio"/> DO NOT feel USUAL ENJOYMENT from pleasurable activities	<input type="radio"/> RARELY get a feeling of pleasure from any activity	<input type="radio"/> UNABLE to get ANY pleasure or enjoyment from anything.
3. Thoughts of Death or Suicide <i>How much do you think of suicide or death?</i>	<input type="radio"/> DO NOT think of suicide or death	<input type="radio"/> Feel LIFE IS EMPTY, or WONDER IF IT'S WORTH LIVING	<input type="radio"/> SEVERAL TIMES A WEEK for SEVERAL MINUTES	<input type="radio"/> SEVERAL TIMES A DAY in some detail, OR made SPECIFIC PLANS for suicide, OR ACTUALLY TRIED to take my life
4. How Long to Fall Asleep	<input type="radio"/> NEVER > 30 minutes.	<input type="radio"/> >30 min, < 1/2 the time	<input type="radio"/> >30 min, >1/2 the time.	<input type="radio"/> >60 min, > 1/2 the time
5. Sleep During the Night	<input type="radio"/> DO NOT wake up at night	<input type="radio"/> RESTLESS, LIGHT SLEEP with a few brief awakenings each night	<input type="radio"/> WAKE UP at least ONCE a NIGHT, but go back to sleep easily.	<input type="radio"/> WAKE UP > ONCE a night & STAY AWAKE for 20+ MIN, > 1/2 the time.
6. Waking Up Too Early	<input type="radio"/> MOST of the time, I wake up ≤ 30 MIN before I need to get up.	<input type="radio"/> MORE than 1/2 the time, I wake up >30 MIN before I need to get up.	<input type="radio"/> ALMOST ALWAYS wake up > ONE HOUR before I need to, but I go back to sleep EASILY.	<input type="radio"/> I wake up > ONE HOUR before I need to, and CAN'T get back to sleep.
7. Sleeping Too Much <i>How much do you sleep?</i>	<input type="radio"/> ≤ 7-8 HRS / night, WITHOUT napping	<input type="radio"/> ≤ 10 HRS / 24-hr period, including naps	<input type="radio"/> ≤ 12 HOURS / 24-hrs	<input type="radio"/> > 12 HOURS / 24-hrs
8. General Interest	<input type="radio"/> NO CHANGE from usual	<input type="radio"/> LESS INTERESTED in people or activities	<input type="radio"/> Interested in ONLY 1-2 of former activities	<input type="radio"/> VIRTUALLY NO INTEREST
9. View of Myself	<input type="radio"/> I see myself as equally worthwhile and deserving as other people	<input type="radio"/> I am more SELF-BLAMING than usual	<input type="radio"/> I LARGELY believe that I CAUSE PROBLEMS for others	<input type="radio"/> I think ALMOST CONSTANTLY about major and minor defects in myself
10. Energy Level	<input type="radio"/> NO CHANGE from usual	<input type="radio"/> Get TIRED MORE EASILY than usual	<input type="radio"/> Have to make a BIG EFFORT to START or FINISH usual activities (eg, shopping, homework, cooking, going to work)	<input type="radio"/> Really CANNOT carry out most of my usual daily activities because I just don't have the energy
11. Concentration / Decision-Making	<input type="radio"/> NO CHANGE from usual	<input type="radio"/> OCCASIONALLY feel INDECISIVE or my attention wanders	<input type="radio"/> MOST of the time, I struggle to focus or make decisions	<input type="radio"/> I CANNOT: focus enough to READ, OR make minor decisions
12. Appetite DECREASED OR INCREASED <i>(use the 1 row that applies)</i>	<input type="radio"/> NO CHANGE from usual OR <input type="radio"/> NO CHANGE in my usual appetite	<input type="radio"/> Eat SOMEWHAT LESS OFTEN or IN LESSER AMOUNTS OR <input type="radio"/> Feel a need to eat more	<input type="radio"/> Eat MUCH LESS THAN USUAL, and ONLY with personal effort OR <input type="radio"/> Regularly eat MORE OFTEN or GREATER AMOUNTS	<input type="radio"/> I RARELY EAT in a 24-hr period, and ONLY with extreme personal effort or when others persuade me OR <input type="radio"/> Feel driven to overeat BOTH at mealtimes & between meals
13. Feeling slowed down	<input type="radio"/> Think, speak, and move at my usual rate of speed	<input type="radio"/> I find that my thinking is slowed down or my voice sounds dull or flat	<input type="radio"/> It takes SEVERAL SECONDS to respond to most questions, AND I'm sure my thinking is slowed	<input type="radio"/> I am often UNABLE TO RESPOND to questions without EXTREME EFFORT
14. Feeling restless	<input type="radio"/> Do not feel restless	<input type="radio"/> Often fidgety, wring hands, or need to shift how I am sitting	<input type="radio"/> Have impulses to move about and am quite restless	<input type="radio"/> At times I am unable to stay seated and need to pace around

0-3 pts ea. for 9 sets of questions—use highest score, 0-3, for shaded questions (1&2, 4-7, 13&14)

Total 0-27: NonDep ≤5 Mild 6-10 Moderate 11-15 Mod-severe 16-20 Severe ≥21 Score: _____