

Name: _____

Date: _____

This questionnaire consists of seven groups of statements. Read each group carefully, then circle the number next to the statement that best describes how you have felt during the past two weeks, including today. If several statements in the same group seem to apply equally well, choose the one with the highest number next to it.

1. Sadness

- 0 I do not feel sad.
- 1 I feel sad much of the time.
- 2 I am sad all the time.
- 3 I am so sad or unhappy I can't stand it.

2. Pessimism

- 0 I am not discouraged about my future.
- 1 I am more discouraged about my future than I used to be.
- 2 I do not expect things to work out for me.
- 3 I feel that my future is hopeless and will only get worse.

3. Past failure

- 0 I do not feel like a failure.
- 1 I have failed more than I should have.
- 2 As I look back, I see a lot of failure.
- 3 I feel that I am a total failure as a person.

4. Self-dislike

- 0 I feel the same about myself as I always have.
- 1 I have lost confidence in myself.
- 2 I am disappointed in myself.

2 I am disappointed in myself.

3 I dislike myself.

5. Self-criticalness

0 I don't criticize or blame myself more than usual.

1 I am more critical of myself than I used to be.

2 I criticize myself for all of my faults.

3 I blame myself for everything bad that happens.

6. Suicidal thoughts or wishes

0 I don't have any thoughts of killing myself.

1 I have thoughts of killing myself, but I would not carry them out.

2 I would like to kill myself.

3 I would kill myself if I had the chance.

7. Loss of interest

0 I have not lost interest in other people or activities.

1 I am less interested in other people or things than before.

2 I have lost most of my interest in other people or things.

3 It's hard to get interested in anything.

Total score: _____

NOTE: 0 to 3 points = minimal symptoms of depression; 4 to 6 points = mild symptoms; 7 to 9 = moderate symptoms; 10 to 21 = severe symptoms. A high score alone does not indicate that a patient has a depressive disorder, but it does indicate that a more detailed evaluation should be performed. Physicians should review item 6 in particular, because it concerns suicidal ideation.¹⁸