The 18 items below refer to how you have felt **during the past month**. For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

1. **I do things slowly.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

2. **My future seems hopeless.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

3. **It is hard for me to concentrate on reading.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

4. **The pleasure and joy has gone out of my life.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

5. **I have difficulty making decisions.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

6. **I have lost interest in aspects of life that used to be important to me.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

7. **I feel sad, blue, and unhappy.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

8. **I am agitated and keep moving around.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

9. **I feel fatigued.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

10. **It takes great effort for me to do simple things.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

11. **I feel that I am a guilty person who deserves to be punished.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

12. **I feel like a failure.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

13. **I feel lifeless -- more dead than alive.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

14. **My sleep has been disturbed -- too little, too much, or broken sleep.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

15. **I spend time thinking about *HOW* I might kill myself.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

16. **I feel trapped or caught.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

17. **I feel depressed even when good things happen to me.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot

18. **Without trying to diet, I have lost, or gained, (circle one) weight.**

○ Not at all

○ Somewhat

○ Moderately

○ Quite a lot