

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. Using the following scale:

0=Not at all 3=Moderately	1=Just a little 4=Quite a lot	2=Somewhat 5=Very much
1. I do things slowly.		0 1 2 3 4 5
2. My future seems hopeless.		0 1 2 3 4 5
3. It is hard for me to concentrate on reading		0 1 2 3 4 5
4. The pleasure and joy has gone out of my life.		0 1 2 3 4 5
5. I have difficulty making decisions.		0 1 2 3 4 5
6. I have lost interest in aspects of life that used to be important to me.		0 1 2 3 4 5
7. I feel sad, blue, and unhappy.		0 1 2 3 4 5
8. I am agitated and keep moving around.		0 1 2 3 4 5
9. I feel fatigued.		0 1 2 3 4 5
10. It takes great effort for me to do simple things.		0 1 2 3 4 5
11. I feel that I am a guilty person who deserves to be punished.		0 1 2 3 4 5
12. I feel like a failure.		0 1 2 3 4 5
13. I feel lifeless---more dead than alive.		0 1 2 3 4 5
14. My sleep has been disturbed---too little, too much, or broken sleep.		0 1 2 3 4 5
15. I spend time thinking about HOW I might kill myself.		0 1 2 3 4 5
16. I feel trapped or caught.		0 1 2 3 4 5
17. I feel depressed even when good things happen to me		0 1 2 3 4 5
18. Without trying to diet, I have lost or gained weight.		0 1 2 3 4 5

The items below refer to how you have felt and behaved. Circle one of the numbers that follows each item using the following scale:

0= Not at all

1= Just a little

2= Somewhat

3= Moderately

4= Quite a lot

5= Very much

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1. I have had times when I felt more self-confident than usual. 0 1 2 3 4 5
2. At times I have had very little sleep and found that I did not miss it. 0 1 2 3 4 5
3. At times I am more talkative and speak faster than usual. 0 1 2 3 4 5
4. When depressed my thoughts go very fast. 0 1 2 3 4 5
5. When depressed my mind gets cluttered with many thoughts 0 1 2 3 4 5
6. When depressed my attention goes from one unimportant thing to another 0 1 2 3 4 5
7. There have been times when I was more active or did many more things than usual. 0 1 2 3 4 5
8. At times I have been more social than usual and have done such things as telephoning friends in the middle of the night. 0 1 2 3 4 5
9. I get into moods where I feel speeded up and irritable. 0 1 2 3 4 5
10. There have been times when I have felt both high (elated) and low (depressed) at the same time. 0 1 2 3 4 5
11. At times I am more interested in sex than usual. 0 1 2 3 4 5
12. My self-confidence ranges from great self-doubt to equally great overconfidence. 0 1 2 3 4 5
13. There are GREAT variations in the quantity and quality of my work. 0 1 2 3 4 5
14. For no apparent reason I sometimes become VERY irritable or hostile. 0 1 2 3 4 5
15. I have periods of mental confusion that alternate with periods of creative thinking. 0 1 2 3 4 5
16. I have periods in which I am greatly interested in being with people and also periods of introverted self-absorption. 0 1 2 3 4 5
17. I seem to alternate between periods of great optimism and other periods of equally great pessimism. 0 1 2 3 4 5
18. I have periods of tearfulness and crying that alternate with times when I laugh and joke excessively. 0 1 2 3 4 5

The items below refer to how you have behaved and felt DURING MOST OF YOUR ADULT LIFE. If you have usually been one way and recently have changed, your responses should reflect HOW YOU HAVE USUALLY BEEN. Circle one of the numbers that follows each item using the following scale:

0= Not at all  
3= Moderately

1= Just a little  
4= Quite a lot

2= Somewhat  
5= Very much

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1. At home, work, or school, I find my mind wandering from tasks that are uninteresting or difficult. 0 1 2 3 4 5
2. I find it difficult to read written material unless it is very interesting or very easy. 0 1 2 3 4 5
3. Especially in groups, I find it hard to stay focused on what is being said in conversations. 0 1 2 3 4 5
4. I have a quick temper.....a short fuse. 0 1 2 3 4 5
5. I am irritable, and get upset my minor annoyances. 0 1 2 3 4 5
6. I say things without thinking, and later regret having said them. 0 1 2 3 4 5
7. I make quick decisions without thinking enough about their possible bad results. 0 1 2 3 4 5
8. My relationships with people are made difficult by my tendency to talk first and think later. 0 1 2 3 4 5
9. My moods have highs and lows. 0 1 2 3 4 5
10. I have trouble planning in what order to do a series of tasks or activities. 0 1 2 3 4 5
11. I easily become upset. 0 1 2 3 4 5
12. I seem to be thin skinned and many things upset me. 0 1 2 3 4 5
13. I almost always am on the go. 0 1 2 3 4 5
14. I am more comfortable when moving than when sitting still. 0 1 2 3 4 5
15. In conversations, I start to answer questions before the questions have been fully asked. 0 1 2 3 4 5
16. I usually work on more than one project at a time, and fail to finish many of them. 0 1 2 3 4 5
17. There is a lot of "static" or "chatter" in my head. 0 1 2 3 4 5
18. Even when sitting quietly, I am usually moving my hands or feet. 0 1 2 3 4 5