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| --- | --- | --- | --- | --- | --- |
| Item Numer | 0 | 1 | 2 | 3 | Your Number |
|  | I do not feel sad. | I feel sad | I am sad all the time and I can't snap out of it. | I am so sad and unhappy that I can't stand it. |  |
|  | I am not particularly discouraged about the future. | I feel discouraged about the future. | I feel I have nothing to look forward to. | I feel the future is hopeless and that things cannot improve. |  |
|  | I do not feel like a failure. | I feel I have failed more than the average person. | As I look back on my life, all I can see is a lot of failures. | I feel I am a complete failure as a person. |  |
|  | I get as much satisfaction out of things as I used to. | I don't enjoy things the way I used to |  I don't get real satisfaction out of anything anymore. | I am dissatisfied or bored with everything. |  |
|  | I don't feel particularly guilty | I feel guilty a good part of the time. | I feel quite guilty most of the time | I feel guilty all of the time. |  |
|  | I don't feel I am being punished. | I feel I may be punished. | I expect to be punished. | I feel I am being punished. |  |
|  | I don't feel disappointed in myself. | I am disappointed in myself | I am disgusted with myself. | I hate myself. |  |
|  | I don't feel I am any worse than anybody else.  |  I am critical of myself for my weaknesses or mistakes. | I blame myself all the time for my faults | I blame myself for everything bad that happens. |  |
|  | I don't have any thoughts of killing myself. | I have thoughts of killing myself, but I would not carry them out. | I would like to kill myself. | I would kill myself if I had the chance. |  |
|  | I don't cry any more than usual. | I cry more now than I used to. | I cry all the time now. | I used to be able to cry, but now I can't cry even though I want to. |  |
|  | I am no more irritated by things than I ever was | I am slightly more irritated now than usual. | I am quite annoyed or irritated a good deal of the time. | I feel irritated all the time. |  |
|  | I have not lost interest in other people. | I am less interested in other people than I used to be. | I have lost most of my interest in other people. | I have lost all of my interest in other people. |  |
|  | I make decisions about as well as I ever could.. | I put off making decisions more than I used to. | I have greater difficulty in making decisions more than I used to. | I can't make decisions at all anymore. |  |
|  | I don't feel that I look any worse than I used to. | I am worried that I am looking old or unattractive | I feel there are permanent changes in my appearance that make me look unattractive | I believe that I look ugly. |  |
|  | I can work about as well as before | It takes an extra effort to get started at doing something | I have to push myself very hard to do anything. | I can't do any work at all. |  |
|  | I can sleep as well as usual. | I don't sleep as well as I used to. | I wake up 1-2 hours earlier than usual and find it hard to get back to sleep. | I wake up several hours earlier than I used to and cannot get back to sleep. |  |
|  | I don't get more tired than usual. | I get tired more easily than I used to. | I get tired from doing almost anything | I am too tired to do anything. |  |
|  | My appetite is no worse than usual. | My appetite is not as good as it used to be. | My appetite is much worse now. | I have no appetite at all anymore. |  |
|  | I haven't lost much weight, if any, lately. | I have lost more than five pounds. | I have lost more than ten pounds. | I have lost more than fifteen pounds. |  |
|  | I am no more worried about my health than usual. | I am worried about physical problems like aches, pains, upset stomach, or constipation. | I am very worried about physical problems and it's hard to think of much else | I am so worried about my physical problems that I cannot think of anything else. |  |
|  | I have not noticed any recent change in my interest in sex. | I am less interested in sex than I used to be. | I have almost no interest in sex. | I have lost interest in sex completely. |  |
| **Total** |  |  |  |  |  |