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Psychotherapy • Organizational Consulting
GLBT Mental Health • PTSD • Mental Health Boot Camp

Client ID Code: _____

Total Score: _____

Date Taken: _____

DEPRESSION QUESTIONS

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

1. I have little interest or pleasure in doing things I used to enjoy. ____
2. I have been feeling down or hopeless a lot lately. _____
3. I have recently had a lot of trouble sleeping, or I have been sleeping too much. _____
4. I have been feeling tired or have very little energy. _____
5. I have had a poor appetite lately or I have been eating too much lately. _____
6. I have been feeling badly about myself or feeling as if I am a failure. _____
7. I have had trouble concentrating on most things lately. _____
8. I have been moving or speaking so slowly others have noticed. _____
9. I have been having thoughts I would be better off dead or feeling as if want to hurt myself.

10. My mood problems have been causing difficulty at work, home, or with other people. _____
11. I have a lot of physical pain or sickness that cannot be explained by my doctor and/or doesn't seem to get better. _____
12. I have been experiencing a lot of digestive problems that won't seem to go away. _____
13. I have frequent headaches or migraines. _____

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
1	2	3	4	5

14. I have been feeling agitated and restless. _____

15. I am not as interested in sex as I used to be. _____

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. _____

17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. _____

18. I fully understand the concepts of Eat Right/Sleep Right/Think Right/Exercise and have a plan for applying each principle into every day of my life. _____

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