

Mood Questionnaire

Check the answer that best describes your feelings:

I have little interest or take little pleasure in doing things.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I feel down, depressed, or hopeless.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I have trouble falling or staying asleep.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I sleep too much.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I feel tired or have little energy.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I have a poor appetite because of my mood.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I overeat because of my mood.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I feel bad about myself. I feel like a failure and/or I have a lot of guilt.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I have trouble concentrating on things or making decisions.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I move or speak slowly in a way that other people notice.

_____Always _____Frequently _____Occasionally _____Rarely _____Never



Mood Questionnaire

I'm restless and feel like I have to keep moving.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

I think about hurting myself or that I would be better off dead.

_____Always _____Frequently _____Occasionally _____Rarely _____Never

How difficult have these symptoms made it for you to do your work, take care of things at home, or get along with other people?

_____Extremely difficult _____Very difficult _____Somewhat difficult _____Not at all difficult

