

***Instructions: Choose the best answer for how you felt over the past week.***

No.	Question	Answer	Score
1.	Are you basically satisfied with your life?	Yes/No	
2.	Have you dropped many of your activities and interests?	Yes/No	
3.	Do you feel that your life is empty?	Yes/No	
4.	Do you often get bored?	Yes/No	
5.	Are you in good spirits most of the time?	Yes/No	
6.	Are you afraid that something bad is going to happen to you?	Yes/No	
7.	Do you feel happy most of the time?	Yes/No	
8.	Do you often feel helpless?	Yes/No	
9.	Do you prefer to stay at home, rather than going out and doing new things?	Yes/No	
10.	Do you feel you have more problems with memory than most?	Yes/No	
11.	Do you think it is wonderful to be alive?	Yes/No	
12.	Do you feel pretty worthless the way you are now?	Yes/No	
13.	Do you feel full of energy?	Yes/No	
14.	Do you feel that your situation is hopeless?	Yes/No	
15.	Do you think that most people are better off than you are?	Yes/No	
		<b>TOTAL</b>	

### Scoring:

Assign one point for each of these answers

- |        |        |        |         |         |
|--------|--------|--------|---------|---------|
| 1. No  | 4. Yes | 7. No  | 10. Yes | 13. No  |
| 2. Yes | 5. No  | 8. Yes | 11. No  | 14. Yes |
| 3. Yes | 6. Yes | 9. Yes | 12. Yes | 15. Yes |

**A score of 0-5 is normal. A score above 5 suggests depression.**