**DIRECTIONS**: This form is about how you might have been feeling or acting **recently**. For each question, please check (√) how you have been feeling or acting **in the past two weeks**. If a sentence was not true about you, check NOT TRUE. If a sentence was only sometimes true, check SOMETIMES. If a sentence was true about you most of the time, check TRUE.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **NOT TRUE** | **SOME TIMES** | **TRUE** |
| 1. I felt miserable or unhappy.
 |  |  |  |
| 1. I didn’t enjoy anything at all.
 |  |  |  |
| 1. I was less hungry than usual.
 |  |  |  |
| 1. I ate more than usual.
 |  |  |  |
| 1. I felt so tired I just sat around and did nothing.
 |  |  |  |
| 1. I was moving and walking more slowly than usual.
 |  |  |  |
| 1. I was very restless.
 |  |  |  |
| 1. I felt I was no good anymore.
 |  |  |  |
| 1. I blamed myself for things that weren’t my fault.
 |  |  |  |
| 1. It was hard for me to make up my mind.
 |  |  |  |
| 1. I felt grumpy and cross with my parents.
 |  |  |  |
| 1. I felt like talking less than usual.
 |  |  |  |
| 1. I was talking more slowly than usual.
 |  |  |  |
| 1. I cried a lot.
 |  |  |  |
| 1. I thought there was nothing good for me in the future.
 |  |  |  |
| 1. I thought that life wasn’t worth living.
 |  |  |  |
| 1. I thought about death or dying.
 |  |  |  |
| 1. I thought my family would be better off without me.
 |  |  |  |
|  | **NOT TRUE** | **SOME TIMES** | **TRUE** |
| 1. I thought about killing myself.
 |  |  |  |
| 1. I didn’t want to see my friends.
 |  |  |  |
| 1. I found it hard to think properly or concentrate.
 |  |  |  |
| 1. I thought bad things would happen to me.
 |  |  |  |
| 1. I hated myself.
 |  |  |  |
| 1. I felt I was a bad person.
 |  |  |  |
| 1. I thought I looked ugly.
 |  |  |  |
| 1. I worried about aches and pains.
 |  |  |  |
| 1. I felt lonely.
 |  |  |  |
| 1. I thought nobody really loved me.
 |  |  |  |
| 1. I didn’t have any fun in school.
 |  |  |  |
| 1. I thought I could never be as good as other kids.
 |  |  |  |
| 1. I did everything wrong.
 |  |  |  |
| 1. I didn’t sleep as well as I usually sleep.
 |  |  |  |
| 1. I slept a lot more than usual.
 |  |  |  |