**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.

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| --- | --- | --- | --- |
|  | **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. |  |  |  |