Attachment D4

Center for Epidemiological Studies Depression

- II. Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way for the **PAST WEEK** by marking an **"X"** in the appropriate box.
 - **1** = Rarely or none of the time (less than 1 day)

2 = Some or a little of the time (1-2 days)

3 = Occasionally or a moderate amount of time (3-4 days)

4 = Most or all of the time (5-7 days)

| | During the PAST WEEK: | <1 day (1) | 1-2 days (2) | 3-4 days (3) | 5-7 days (4) |
|----|---|------------------|---------------------------|--------------------|--------------------|
| 1 | I was bothered by things that usually don't bother me. | | | | |
| 2 | I did not feel like eating; my appetite was poor. | | | | |
| 3 | I felt that I could not shake off the blues even with help from my family or friends. | | | | |
| 4 | I felt that I was just as good as other people. | | | | |
| 5 | I had trouble keeping my mind on what I was doing. | | | | |
| 6 | I felt depressed | | | | |
| 7 | I felt that everything I did was an effort. | | | | |
| 8 | I felt hopeful about the future. | | | | |
| 9 | I thought my life had been a failure. | | | | |
| 10 | I felt fearful. | | | | |
| 11 | My sleep was restless | | | | |
| 12 | I was happy | | | | |
| 13 | I talked less than usual. | | | | |
| 14 | I felt lonely | | | | |
| 15 | People were unfriendly | | | | |
| 16 | I enjoyed life. | | | | |
| 17 | I had crying spells | | | | |
| 18 | I felt sad. | | | | |
| 19 | I felt that people dislike me. | | | | |
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