

MOOD INVENTORY

Read each item carefully & select the answer that best reflects how you have been feeling during the past few days. Circle or write your selection letter next to the grouping number. Make sure you select one answer for each of the 22 questions. If more than one answer applies to how you have been feeling, select the more serious statement. If in doubt, make your best guess. Do not leave any questions unanswered. Please highlight or place an X next to your answer e.g. a) X I do not feel sad.

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| <p>1.</p> <ul style="list-style-type: none"> a) I do not feel sad. b) I feel sad. c) I am sad all the time and I can't snap out of⁸ it. d) I am so sad or unhappy that I can hardly stand it. | <ul style="list-style-type: none"> b) I am disappointed in myself. c) I am disgusted with myself. d) I hate myself |
| <p>2.</p> <ul style="list-style-type: none"> a) I am not particularly discouraged about the future. b) I feel discouraged about the future. c) I feel I have nothing to look forward to. d) I feel that the future is hopeless and that things cannot improve. | <ul style="list-style-type: none"> a) I don't feel I am any worse than anybody else. b) I am critical of myself for my weaknesses or mistakes. c) I blame myself all the time for my faults. d) I blame myself for everything bad that happens. |
| <p>3.</p> <ul style="list-style-type: none"> a) I do not feel like a failure. b) I feel I have failed more than the average person. c) As I look back on my life, all I can see is a lot of failures. d) I feel I am a complete failure as a person. | <p>9.</p> <ul style="list-style-type: none"> a) I don't have any thoughts of killing myself. b) I have thoughts of killing myself, but I would not carry them out. c) I would like to kill myself. d) I would probably kill myself if I had the chance. |
| <p>4.</p> <ul style="list-style-type: none"> a) I get as much satisfaction out of things as I used to. b) I don't enjoy things the way I used to. c) I don't get real satisfaction out of anything anymore. d) I am dissatisfied or bored with everything. | <p>10.</p> <ul style="list-style-type: none"> a) I don't cry any more than usual. b) I cry more now than I used to. c) I cry all the time now. d) I used to be able to cry, but now I can't cry even though I want to. |
| <p>5.</p> <ul style="list-style-type: none"> a) I don't feel particularly guilty. b) I feel guilty a good part of the time. c) I feel quite guilty most of the time. d) I feel guilty all of the time. | <p>11.</p> <ul style="list-style-type: none"> a) I am no more irritated by things than I ever am. b) I am slightly more irritated now than usual. c) I am quite annoyed or irritated a good deal of the time. d) I feel irritated all the time now. |
| <p>6.</p> <ul style="list-style-type: none"> a) I don't feel I am being punished. b) I feel I may be punished. c) I expect to be punished d) I feel I am being punished. | <p>12.</p> <ul style="list-style-type: none"> a) I have not lost interest in other people. b) I am less interested in other people than I used to be. c) I have lost most of my interest in other people. d) I have lost all of my interest in other people. |
| <p>7.</p> <ul style="list-style-type: none"> a) I don't feel disappointed in myself. | <p>13.</p> <ul style="list-style-type: none"> a) I make decisions about as well as I ever could. |

- b) I put off making decisions more than I used to.
 - c) I have greater difficulty in making decisions than before.
 - d) I can't make decisions at all anymore.
- 14.
- a) I don't feel that I look any worse than I used to.
 - b) I am worried that I am looking old or unattractive.
 - c) I feel that there are permanent changes in my appearance that make me look unattractive.
 - d) I believe that I look ugly.
- 15.
- a) I can work about as well as before.
 - b) It takes an extra effort to get started at doing something.
 - c) I have to push myself very hard to do anything.
 - d) I can't do any work at all.
- 16.
- a) I can sleep as well as usual.
 - b) I don't sleep as well as I used to.
 - c) I wake up 1-2 hours earlier than usual & find it hard to get back to sleep.
 - d) I wake up several hours earlier than I used to & cannot get back to sleep.
- 17.
- a) I don't get more tired than usual.
 - b) I get tired more easily than I used to.
 - c) I get tired from doing almost anything.
 - d) I am too tired to do anything.
- 18.
- a) My appetite is no worse than usual.
 - b) My appetite is not as good as it used to be.
 - c) My appetite is much worse now.
 - d) I have no appetite at all anymore.
- d) I have lost more than fifteen pounds.
- 20.
- a) I am no more worried about my health than usual.
 - b) I am worried about physical problems such as aches and pains, or upset stomach, or constipation.
 - c) I am very worried about physical problems and it's hard to think of much else.
 - d) I am so worried about physical problems I can't think about anything else.
- 21.
- a) I have not noticed any recent change in my interest in sex.
 - b) I am less interested in sex than I used to be.
 - c) I am much less interested in sex now.
 - d) I have lost interest in sex completely.
- 22.
- a) I feel as close to God as I used to.
 - b) God does not seem as close to me as before.
 - c) It is very difficult to feel God's love or approval.
 - d) I don't feel God's love at all right now.

Adapted from Feeling Good, A.T. Beck, M.D.

- 19.
- a) I haven't lost much weight, if any, lately.
 - b) I have lost more than five pounds.
 - c) I have lost more than ten pounds.