

Mood & Feelings Questionnaire: Short Version

For each question, please check (✓) how you have been feeling or acting in the past two weeks.

		Not True	Sometimes True	True
1.	I felt miserable or unhappy.			
2.	I didn't enjoy anything at all.			
3.	I felt so tired I just sat around and did nothing.			
4.	I was very restless.			
5.	I felt I was no good anymore.			
6.	I cried a lot.			
7.	I found it hard to think properly or concentrate.			
8.	I hated myself.			
9.	I was a bad person.			
10.	I felt lonely.			
11.	I thought nobody really loved me.			
12.	I thought I could never be as good as other people.			
13.	I did everything wrong.			

Score	Symptom Severity
0-11	Mild or no depression symptoms
12-26	Some or significant depression symptoms

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