	LAST WEEK				
Below is a list of the ways you might have					Nearly
felt or behaved. Please check the boxes to	Not at all				every
tell me how often you have felt this way in	or				day for 2
the past week or so.	Less than 1 day	1-2 days	3-4 days	5-7 days	weeks
My appetite was poor.					
I could not shake off the blues.					
I had trouble keeping my mind on what I was doing.					
I felt depressed.					
My sleep was restless.					
I felt sad.					
I could not get going.					
Nothing made me happy.					
I felt like a bad person.					
I lost interest in my usual activities.					
I slept much more than usual.					
I felt like I was moving too slowly.					
I felt fidgety.					
I wished I were dead.					
I wanted to hurt myself.					
I was tired all the time.					
I did not like myself.					
I lost a lot of weight without trying to.					
I had a lot of trouble getting to sleep.					
I could not focus on the important things.					