



Rarely or None of the Time (Less than 1 day)	Some or a Little of the Time (1-2 days)	Occasionally or a Moderate Amount of the Time (3-4 days)	Most or All of the Time (5-7 days)
---	--	--	--

4. I felt that I was just as good as other people.....	1	2	3	4
5. I had trouble keeping my mind on what I was doing.....	1	2	3	4
6. I felt depressed.....	1	2	3	4
7. I felt that everything I did was an effort.....	1	2	3	4
8. I felt hopeful about the future.....	1	2	3	4
9. I thought my life had been a failure.....	1	2	3	4

Rarely or None of the Time (Less than 1 day)	Some or a Little of the Time (1-2 days)	Occasionally or a Moderate Amount of the Time (3-4 days)	Most or All of the Time (5-7 days)
---	--	--	--

10. I felt fearful.....	1	2	3	4
11. My sleep was restless.....	1	2	3	4
12. I was happy.....	1	2	3	4
13. I talked less than usual.....	1	2	3	4
14. I felt lonely.....	1	2	3	4
15. People were unfriendly.....	1	2	3	4
16. I enjoyed life.....	1	2	3	4

