

Name: _____ Date: _____

Check the box that best describes you over the past week	<i>Not at all</i>	<i>Some of the time</i>	<i>A good part of the time</i>	<i>Most of the time</i>
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I couldn't seem to experience any positive feeling at all

I just couldn't seem to get going

I felt that I had nothing to look forward to

I felt sad and depressed

I felt that I had lost interest in just about everything

I felt I wasn't worth as much as a person

I felt that life wasn't worthwhile

I couldn't seem to get any enjoyment out of the things I did

I felt down-hearted and blue

I was unable to become enthusiastic about anything

I felt I was pretty worthless

I could see nothing in the future to be hopeful about

I felt that life was meaningless

I found it difficult to work up the initiative to do things

Total:

I was aware of dryness of my mouth

I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)

I had a feeling of shakiness (e.g., legs going to give away)

I found myself in situations that made me so anxious I was most relieved when they ended

I had a feeling of faintness

I perspired noticeably (e.g., hands sweaty) in the absence of high temperatures or physical exertion

I felt scared without any good reason

I had difficulty swallowing

I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat)

I felt I was close to panic

I feared that I would be "thrown" by some trivial but unfamiliar task

I felt terrified

I was worried about situations in which I might panic and make a fool of myself

I experienced trembling (e.g., in the hands)

Total:

Code:

CONTINUE TO NEXT PAGE

Check the box that best describes you over the past week	<i>Not at all</i>	<i>Some of the time</i>	<i>A good part of the time</i>	<i>Most of the time</i>
I found myself getting upset by quite trivial things				
I tended to over-react to situations				
I found it difficult to relax				
I found myself getting upset rather easily				
I felt that I was using a lot of nervous energy				
I found myself getting impatient when I was delayed in any way (e.g., elevators, traffic lights, being kept waiting)				
I felt that I was rather touchy				
I found it hard to wind down				
I found that I was very irritable				
I found it hard to calm down after something upset me				
I found it difficult to tolerate interruptions to what I was doing				
I was in a state of nervous tension				
I was intolerant of anything that kept me from getting on with what I was doing				
I found myself getting agitated				

Total:

Code:

Comments: