

Edinburgh Depression Scale

1. In the past 7 days: I have been able to laugh and see the funny side of things.
 - As much as I always could.
 - Not quite as much now.
 - Definitely not so much.
 - Not at all.
2. In the past 7 days: I have looked forward with enjoyment to things.
 - As much as I ever did.
 - Rather less than I used to.
 - Definitely less than I used to.
 - Hardly at all.
3. In the past 7 days: I have blamed myself unnecessarily when things went wrong.
 - No, never.
 - Not very often.
 - Yes, some of the time.
 - Yes, most of the time.
4. In the past 7 days: I have been anxious or worried for no good reason.
 - No, not at all.
 - Hardly ever.
 - Yes, sometimes.
 - Yes, very often.
5. In the past 7 days: I have felt scared or panicky for no good reason.
 - No, not at all.
 - No, not much.
 - Yes, sometimes.
 - Yes, quite a lot.
6. In the past 7 days: Things have been getting on top of me.
 - No, I have been coping as well as ever.
 - No, most of the time I've coped quite well.
 - Yes, sometimes I have not coped as well as usual.
 - Yes, most of the time I haven't been able to cope at all.
7. In the past 7 days: I have been so unhappy that I have had difficulty sleeping.
 - No, not at all.
 - Not very often.
 - Yes, sometimes.
 - Yes, most of the time.
8. In the past 7 days: I have felt sad or miserable.
 - No, not at all.
 - Not very often.
 - Yes, quite often.
 - Yes, most of the time.
9. In the past 7 days: I have been so unhappy that I have been crying.
 - No, never.
 - Only occasionally.
 - Yes, quite often.
 - Yes, most of the time.
10. In the past 7 days: The thought of harming myself has occurred to me.
 - Never.
 - Hardly ever.
 - Sometimes.
 - Yes, quite often.