Monthly mental health check

INSTRUCTIONS

Please select one option for each quesiton that is the closest to how you have felt in the past SEVEN days. When you are done add up your score. Your score is indicated in the parentheses.

1.   I HAVE BEEN ABLE TO LAUGH AND SEE THE FUNNY SIDE OF THINGS:

◯ As much as I always could (0)
◯ Not quite so much now (1)
◯ Definitely not so much now (2)
◯ Not at all (3)

2.   I HAVE LOOKED FORWARD WITH ENJOYMENT TO THINGS:

◯ As much as I ever did (0)
◯ Rather less than I used to (1)
◯ Definitely less than I used to (2)
◯ Hardly at all (3)

3.   I HAVE BLAMED MYSELF UNNECESSARILY WHEN THINGS WENT WRONG:

◯ Yes, most of the time (3)
◯ Yes, some of the time (2)
◯ Not very often (1)
◯ Not, never (0)

4.   I HAVE BEEN ANXIOUS OR WORRIED FOR NO GOOD REASON:

◯ No, not at all (0)
◯ Hardly ever (1)
◯ Yes, sometimes (2)
◯ Yes, very often (3)

5.   I HAVE FELT SCARED OR PANICKY FOR NO VERY GOOD REASON:

◯ Yes, quite a lot (3)
◯ Yes, sometimes (2)
◯ No, not much (1)
◯ No, not at all (0)

6.   THINGS HAVE BEEN GETTING ONTOP OF ME:

◯ Yes, most of the time I haven't been able to cope at all (3)
◯ Yes, sometiems I haven;t been coping as well as usual (2)
◯ No, most of the time I have coped quite well (1)
◯ No, I have been coping as well as ever (0)

7.   I HAVE BEEN SO UNHAPPY THAT I HAVE HAD DIFFICULTY SLEEPING:

◯ Yes, most of the time (3)
◯ Yes, sometimes (2)
◯ Not very often (1)
◯ No, not at all (0)

8.   I HAVE FELT SAD OR MISERABLE:

◯ Yes, most of the time (3)
◯ Yes, sometimes (2)
◯ Not very often (1)
◯ No, not at all (0)

9.   I HAVE BEEN SO UNHAPPY THAT I HAVE BEEN CRYING:

◯ Yes, most of the time (3)
◯ Yes, quite often (2)
◯ Only occasionally (1)
◯ No never (0)

10.   THE THOUGHT OF HARMING MYSELF HAS OCCURRED TO ME:

◯ Yes, quite often (3)
◯ Sometimes (2)
◯ Hardly ever (1)
◯ Never (0)

Question 10: if you scored a 3,2,or 1 please tell your doctor or midwife immediately. Or go to your nearest hospital

Total: _____

A score of more than 10 suggests minor or major depression may be present. Further evaluation is recommended.