Depression: Self-Report Inventory

DIRECTIONS: Please read each statement and circle a number (0, 1, 2 or 3) which indicates how much the statement applied to you over the past week. There is no right or wrong answer. Do not spend too much time on any statement.

The rating scale is as follows:
0 Did not apply to me at all
1 Applied to me to some degree, or some of the time
2 Applied to me a considerable degree, or a good part of the time
3 Applied to me very much, or most of the time

Depression Self Report Inventory	
1.I couldn't seem to experience any positive feeling at all.	
2.I just couldn't seem to get going.	
3.I felt that I had nothing to which I could look forward.	
4.I felt sad and depressed.	
5.I felt that I had lost interest in just about everything.	
6.I felt that I wasn't worth much as a person.	
7.I felt that life wasn't worthwhile.	
8.I couldn't seem to get any enjoyment out of the things I did.	
9.I felt down-hearted and blue.	
10.I was unable to become enthusiastic about anything.	
11.I felt I was pretty worthless.	
12.I could see nothing in the future about which to feel hopeful.	
13.I felt that life was meaningless.	
14.I felt it difficult to work up the initiative to do things.	

SCORING: Add the numbers that have been circled.

Your total depression score is: 0

INTERPRETATION:

0 – 9	Normal range
10 – 13	Mild level of depression
14– 20	Moderate level of depression
21 – 27	Severe level of depression

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