

**Dr.N. Ramakrishnan**

AB (Int Med), AB (Crit Care), AB( Sleep Med), MMM, FACP, FCCP, FCCM

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Your Age (Years): \_\_\_\_\_

Your Sex (M = Male, F – Female) \_\_\_\_\_

On this questionnaire are groups of statements. Please read each group of questions carefully and pick out the one statement in each group which best describes the way you have been feeling in the Past week, including today. If several statements in the group seem to apply seem to apply equally well, mark each one

A	0	I do not feel sad
	1	I feel sad
	2	I am sad all the time
	3	I am so sad or unhappy that I can't stand it
B	0	I am not particularly discouraged by the future
	1	I feel discouraged about the future
	2	I feel I have nothing to look forward to
	3	I feel the future is hopeless & things cannot improve
C	0	I do not feel like a failure
	1	I feel I have failed more than the average person
	2	As I look back on my life, I see lots of failures
	3	I feel I am a complete failure as a person
D	0	I get as much satisfaction out of things as I used to
	1	I don't enjoy things the way I used to
	2	I don't get real satisfaction out of anything anymore
	3	I am dissatisfied or bored with everything
E	0	I do not particularly feel guilty
	1	I feel guilty a good part of the time
	2	I feel quite guilty most of the time
	3	I feel quite guilty all of the time
F	0	I do not feel I am being punished
	1	I feel I may be punished
	2	I expect to be punished
	3	I feel I am being punished

G	0	I do not feel disappointed in myself
	1	I am disappointed in myself
	2	I am disgusted with myself
	3	I hate myself
H	0	I do not feel I am any worse than anybody else
	1	I am critical of myself of my weaknesses/mistake
	2	I blame myself all of the time for my faults
	3	I blame myself for everything bad that happens
I	0	I do not have any thoughts of killing myself
	1	I have thoughts of killing myself, but would not carry them out
	2	I would like to kill myself
	3	I would kill myself if I had the chance
J	0	I do not cry and more than usual
	1	I cry more than I used to
	2	I used to be able to cry
	3	I used to be able to cry, but now I can't cry even though I want to
k	0	I am no more irritated than I ever am
	1	I get annoyed or irritated more easily than I used to be
	2	I feel irritated all the time now
	3	I don't get irritated at all by the things that used to irritate me
L	0	I have not lost interest in other people
	1	I am less interested in other people than I used to be
	2	I have lost most of my interest in other people
	3	I have lost all of my interest in other people
M	0	I make decisions about as well as I ever could
	1	I put off making decisions more than I used to
	2	I have greater difficulty in making decisions than before
	3	I can't make decisions at all anymore
N	0	I do not feel I look worse than I used to
	1	I am worried that I am looking old or unattractive
	2	I feel that there are permanent changes in my appearances that make me look unattractive
O	0	I can work about as well as before

	1	It take an extra effort to get started at doing something
	2	I have to push myself very hard to do anything
	3	I can' t do any work at all
P	0	I can sleep as well as usual
	1	I don't sleep as well as I used to
	2	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
	3	I wake up several hours earlier than I used to and cannot get back to sleep
Q	0	I do not get more tired than usual
	1	I get tired more easily than I used to
	2	I get tired from doing almost anything
	3	I am too tired to do anything
R	0	My appetite is no worse than usual
	1	My appetite is not as good as it used to be
	2	My appetite is much worse now
	3	I have no appetite at all anymore
S	0	I have not lost much weight, if any, lately
	1	I have lost more than 5 pounds, I am proposing trying to loose weight
	2	I have lost more than 10 pounds by eating less
	3	I have lost more than 15 pounds
T	0	I am no more worried about my health than usual
	1	I am worried about physical problems such as aches and pains or upset stomach and constipation
	2	I am worried about physical problems and it's hard to think of much else
	3	I am so worried about my physical problems that I cannot think about anything else
U	0	I have not noticed any recent change in my interest in sex
	1	I am less interested in sex than I used to be
	2	I am much less interested in sex now
	3	I have lost interest in sex completely

**TOTAL** = \_\_\_\_\_ (Add A thru U Numerical Values)