

## Questionnaire:

Read the question and circle the most accurate answer.

	Yes	No	Sometimes
1. Do you consider yourself smart?	Yes	No	Sometimes
2. Do you believe you are athletic?	Yes	No	Sometimes
3. Do you think you are fat?	Yes	No	Sometimes
4. Have you ever thought about hurting yourself?	Yes	No	Sometimes
5. Have you ever drank alcohol?	Yes	No	Sometimes
6. Have you ever taken illegal drugs?	Yes	No	Sometimes
7. Are you afraid of public speaking?	Yes	No	Sometimes
8. Have you ever spent all day in bed?	Yes	No	Sometimes
9. Are you basically satisfied with your life?	Yes	No	Sometimes
10. Do you often get bored?	Yes	No	Sometimes
11. Are you afraid that something bad is going to happen to you?	Yes	No	Sometimes
12. Do you feel happy most of the time?	Yes	No	Sometimes
13. Do you prefer to stay at home or go out and do new things?	Yes	No	Sometimes
14. Do you feel you have more problems with memory than most?	Yes	No	Sometimes
15. Do you think it is wonderful to be alive now?	Yes	No	Sometimes
16. Do you feel pretty worthless the way you are now?	Yes	No	Sometimes
17. Do you feel full of energy?	Yes	No	Sometimes
18. Do you feel that your situation is hopeless?	Yes	No	Sometimes
19. Do you think that most people are better off than you are?	Yes	No	Sometimes
20. Have you ever thought about committing suicide?	Yes	No	Sometimes
21. Do you feel depressed even when good things happen to me?	Yes	No	Sometimes
22. Do you feel like a failure?	Yes	No	Sometimes
23. Does it take great effort for me to do simple things?	Yes	No	Sometimes
24. Have you lost interest in aspects of life that used to be important to you?	Yes	No	Sometimes
25. Do you have difficulty making decisions?	Yes	No	Sometimes
26. Has the pleasure and joy has gone out of your life?	Yes	No	Sometimes
27. Do you feel your future seems hopeless?	Yes	No	Sometimes
28. Do you feel trapped or caught?	Yes	No	Sometimes
29. Have you ever been something you are not to get someones approval?	Yes	No	Sometimes
30. Have you ever acted the way you thought people wanted you to act?	Yes	No	Sometimes

## Questionnaire:

Read the question and circle the most accurate answer.

# out of 41  
who answered No

- |   |                |                             |           |
|---|----------------|-----------------------------|-----------|
| 1. Do you consider yourself smart?  | <del>Yes</del> | No <sup>1</sup>             | Sometimes |
| 2. Do you believe you are athletic?   | <del>Yes</del> | No <sup>12</sup>            | Sometimes |
| 3. Do you think you are fat?  | Yes            | <del>No</del> <sup>17</sup> | Sometimes |
| 4. Have you ever thought about hurting yourself?                                | Yes            | <del>No</del> <sup>29</sup> | Sometimes |
| 5. Have you ever drank alcohol?   | Yes            | <del>No</del> <sup>14</sup> | Sometimes |
| 6. Have you ever taken illegal drugs?   | Yes            | <del>No</del> <sup>36</sup> | Sometimes |
| 7. Are you afraid of public speaking?   | Yes            | <del>No</del> <sup>16</sup> | Sometimes |
| 8. Have you ever spent all day in bed?  | Yes            | <del>No</del> <sup>8</sup>  | Sometimes |
| 9. Are you basically satisfied with your life?                                  | <del>Yes</del> | No <sup>3</sup>             | Sometimes |
| 10. Do you often get bored?   | Yes            | No <sup>9</sup>             | Sometimes |
| 11. Are you afraid that something bad is going to happen to you?                | Yes            | <del>No</del> <sup>17</sup> | Sometimes |
| 12. Do you feel happy most of the time?   | <del>Yes</del> | No <sup>3</sup>             | Sometimes |
| 13. Do you prefer to stay at home or go out and do new things?                  | Yes            | <del>No</del> <sup>7</sup>  | Sometimes |
| 14. Do you feel you have more problems with memory than most?                   | Yes            | <del>No</del> <sup>21</sup> | Sometimes |
| 15. Do you think it is wonderful to be alive now?                               | <del>Yes</del> | No <sup>2</sup>             | Sometimes |
| 16. Do you feel pretty worthless the way you are now?                           | Yes            | <del>No</del> <sup>3</sup>  | Sometimes |
| 17. Do you feel full of energy?   | <del>Yes</del> | No <sup>7</sup>             | Sometimes |
| 18. Do you feel that your situation is hopeless?                                | Yes            | <del>No</del> <sup>24</sup> | Sometimes |
| 19. Do you think that most people are better off than you are?                  | Yes            | No <sup>7</sup>             | Sometimes |
| 20. Have you ever thought about committing suicide?                             | Yes            | <del>No</del> <sup>32</sup> | Sometimes |
| 21. Do you feel depressed even when good things happen to me?                   | Yes            | <del>No</del> <sup>32</sup> | Sometimes |
| 22. Do you feel like a failure?   | Yes            | <del>No</del> <sup>27</sup> | Sometimes |
| 23. Does it take great effort for me to do simple things?                       | Yes            | <del>No</del> <sup>29</sup> | Sometimes |
| 24. Have you lost interest in aspects of life that used to be important to you? | Yes            | No <sup>32</sup>            | Sometimes |
| 25. Do you have difficulty making decisions?                                    | Yes            | <del>No</del> <sup>8</sup>  | Sometimes |
| 26. Has the pleasure and joy has gone out of your life?                         | Yes            | No <sup>37</sup>            | Sometimes |
| 27. Do you feel your future seems hopeless?                                     | Yes            | <del>No</del> <sup>34</sup> | Sometimes |
| 28. Do you feel trapped or caught?  | Yes            | <del>No</del> <sup>27</sup> | Sometimes |
| 29. Have you ever been something you are not to get someones approval?          | <del>Yes</del> | No <sup>13</sup>            | Sometimes |
| 30. Have you ever acted the way you thought people wanted you to act?           | Yes            | No <sup>10</sup>            | Sometimes |