

**MIND OVER MOOD DEPRESSION INVENTORY:** Circle one number for each item that best describes how much you have experienced each symptom over the past week.

Symptom	Not at all	Sometimes	Frequently	Most of the time
1. Sad or depressed mood	0	1	2	3
2. Feeling guilty	0	1	2	3
3. Irritable mood	0	1	2	3
4. Less interest or pleasure in usual activities	0	1	2	3
5. Withdraw from or avoid people	0	1	2	3
6. Find it harder than usual to do things	0	1	2	3
7. See myself as worthless	0	1	2	3
8. Trouble concentrating	0	1	2	3
9. Difficulty making decisions	0	1	2	3
10. Suicidal thoughts	0	1	2	3
11. Recurrent thoughts of death	0	1	2	3
12. Spend time thinking about a suicide plan	0	1	2	3
13. Low self-esteem	0	1	2	3
14. See the future as hopeless	0	1	2	3
15. Self-critical thoughts	0	1	2	3
16. Tiredness or loss of energy	0	1	2	3
17. Significant weight loss or decrease in appetite (do not include weight loss from a diet plan)	0	1	2	3
18. Change in sleeping pattern – difficulty sleeping or sleeping more or less than usual	0	1	2	3
19. Decreased sexual desire	0	1	2	3

**SCORE** (of total circled numbers) : \_\_\_\_\_

1 – 10: These ups and downs are considered normal.	21 – 30: Moderate depression
11 – 16: Mild mood disturbance	31 – 40: Severe depression
17 – 20: Borderline clinical depression	over 40: Extreme depression – requires medication

Reference: Mind over Mood by Christine Padkesky