

MOOD INVENTORY

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Read each item carefully and check the answer that best reflects how you have been feeling during the past few weeks. If more than one answer applies to how you have been feeling, check the more serious statement. If in doubt, make your best guess. Do not leave any questions unanswered.

1. _____ I do not feel sad.
 _____ I feel sad.
 _____ I am unhappy much of the time and I can't snap out of it.
 _____ I am so sad or dejected that I can hardly stand it.
2. _____ I am not particularly discouraged about the future.
 _____ I feel discouraged about the future.
 _____ I feel I have nothing to look forward to.
 _____ I feel the future is hopeless and that things cannot improve.
3. _____ I do not feel like a failure.
 _____ I feel I have failed more than the average person.
 _____ As I look back on my life, all I can see are a lot of failures.
 _____ I feel I am a complete failure as a person.
4. _____ I get as much satisfaction out of things as I used to.
 _____ I don't enjoy things the way I used to.
 _____ I don't get real satisfaction out of anything anymore.
 _____ I am dissatisfied or disappointed with everything.
5. _____ I don't feel particularly guilty.
 _____ I feel guilty a good part of the time.
 _____ I feel quite guilty most of the time.
 _____ I feel guilty all of the time.
6. _____ I feel God's acceptance as much as I ever did.
 _____ I don't feel God's acceptance as much as before.
 _____ It feels like God is very displeased with me much of the time.
 _____ I feel like I have completely failed God and have lost his acceptance.
7. _____ I don't feel I am any worse than anybody else.
 _____ I am critical of myself for my weaknesses or mistakes.
 _____ I blame myself all the time for my faults.
 _____ I blame myself for everything bad that happens.
8. _____ I don't feel disappointed in myself.
 _____ I am disappointed with myself.
 _____ I am disgusted with myself.
 _____ I hate myself.
9. _____ I don't have any thoughts of killing myself.
 _____ I have thoughts of killing myself, but I would not carry them out.
 _____ I would like to kill myself.
 _____ I would probably kill myself if I were not a Christian.
10. _____ I don't cry any more than usual.
 _____ I cry or feel like crying more than I used to.
 _____ I cry or feel like crying all the time now.
 _____ I can't cry even though I want to.
11. _____ I am no more irritated by things than I ever was.
 _____ I am slightly more irritated now than usual.
 _____ I am quite irritated a good deal of the time.

- _____ I feel irritated all the time now.
12. _____ I have not lost interest in other people.
_____ I am less interested in other people than I used to be.
_____ I have lost most of my interest in other people.
_____ I have lost all of my interest in other people.
13. _____ I make decisions about as well as I ever could.
_____ I have greater difficulty making decisions than before.
_____ It seems almost impossible to make decisions at times.
_____ I can't make decisions at all anymore.
14. _____ I don't feel that I look any worse than I used to.
_____ I am worried that I am looking old or unattractive.
_____ I feel there are permanent changes that make me look unattractive.
_____ I believe that I look ugly.
15. _____ I can work about as well as before.
_____ It takes an extra effort to get started at doing something.
_____ I have to push myself very hard to do anything.
_____ I can hardly do any work at all.
16. _____ I can sleep as well as usual.
_____ I don't sleep as well as I used to.
_____ I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
_____ I wake up several hours earlier than I used to and cannot get back to sleep.
17. _____ I don't get more tired than usual.
_____ I get tired more easily than I used to.
_____ I get exhausted from doing almost anything that takes effort.
_____ I am too exhausted to do hardly anything.
18. _____ My appetite is about the same as usual.
_____ My appetite is not as good as it used to be, or I eat more than normal.
_____ My appetite is much worse now, or I eat much more than usual.
_____ I have no appetite at all anymore, or I "binge" without control.
19. _____ My interest in prayer and God's Word is as much as usual.
_____ I have less interest in these than before.
_____ I have little desire to spend time in prayer and the Word.
_____ I have lost all my interest and desire to spend time in prayer and the Word.
20. _____ I am no more worried about my health than usual.
_____ I am worried about physical problems—aches and pains, upset stomach, etc.
_____ I am very worried about physical problems and it's hard to think of much else.
_____ I am so worried about physical problems I can't think about anything else.
21. _____ I have not noticed any recent change in my interest in sex.
_____ I am less interested in sex than I used to be.
_____ I am much less interested in sex now.
_____ I have lost interest in sex completely.
22. _____ I feel as close to God as I used to.
_____ I don't feel as close to God as before.
_____ It is very difficult to feel close to God.
_____ I don't feel God's presence at all now.

INTERPRETING THE MOOD INVENTORY

To score the Mood Inventory, assign numbers as below:

First line 0
Second line 1
Third line 2
Fourth line 3

TOTAL SCORE	LEVELS OF DEPRESSION
1-11	No indication of emotional distress.
12-17	Mild mood disturbance.
18-21	Possible borderline depression.
22-31	Moderate depression.
32-41	Severe depression.
over 41	Extreme depression.

Warning: This inventory was designed only to give a very tentative idea of the level of depression. It must not be considered the final word, but rather a general and possibly inaccurate measure of a person's emotional state. Use it as a basis for talking with the person about his or her emotional condition.

If the person checked line three or four on number nine, discuss the possibility of suicide with him or her.

If a score of over twenty is noted, encourage the person to see a counselor or other therapist. If the person's score is over thirty-five, do everything possible to help him or her get professional help as soon as possible.

Note: Some people temporarily score higher during or shortly after experiencing a great deal of stress than they normally would. If this is the case, encourage them to take the inventory again after a month or two, to determine whether their scores are due to stress rather than depression.

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