







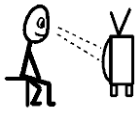

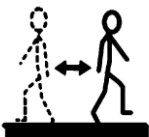




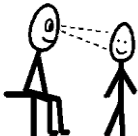






## Glasgow Depression Scale

Questions			Prompts	no	Some times	a lot
1		Have you felt sad?	Have you felt upset, depressed, miserable, fed up, low?	0	1	2
2		Have you been in a bad mood?	Have you felt bad tempered, wanted to shout at people?	0	1	2
3		Have you enjoyed doing things?	Have you had fun?	2	1	0
4		Have you enjoyed talking and being with people?	Have you liked having people around?	2	1	0
5		Have you had a bath/shower and changed your clothes?	Have you taken care of the way you look/appearance?	2	1	0
6		Have you felt tired during the day?	Have you gone to sleep during the day, found it hard to stay awake?	0	1	2
7		Have you cried?	What made you cry?	0	1	2
8		Have you felt people don't like you?	Have you felt you are a horrible person?	0	1	2
9		Have you been able to concentrate, such as watching TV?	What is your favourite TV program. Are you able to watch it all?	2	1	0
10		Have you found it hard to choose things?	Have you found it hard to decide what to wear, eat or do?	0	1	2

Questions			Prompts	no	Some times	a lot
11		Have you found it hard to sit still?	Have you fidgeted, moved around a lot more?	0	1	2
12		Have you eaten less? Have you eaten more?	Have people said you should eat more or less?	0	1	2
13		Have you found it hard to get a good night sleep?	Have you found it hard to fall asleep, woken up a lot or too early?	0	1	2
14		Have you wished you were dead?	Have you wanted to stop living?	0	1	2
15		Have you felt everything is your fault?	Have you felt people blame you for things?	0	1	2
16		Have you felt people are looking at you, talking about you?	Have you worried about what other people think of you?	0	1	2
17		Have you been upset if people say you have done something wrong?	Would you go if you needed to.	0	1	2
18		Have you felt worried?	Have you felt nervous, tense, wound up or on edge?	0	1	2
19		Have you thought that bad things will happen to you?	Have you felt nothing nice happens to you?	0	1	2
20		Have you felt happy when something good happens?	What makes you feel happy?	2	1	0
			<b>Total score:</b>			