

How were your symptoms of depression this week?

Think about how depression may still be affecting you. Print and fill out this questionnaire, then share it with your healthcare provider.

Circle the appropriate number

- 0 = not at all true (0 days)
- 1 = rarely true (1-2 days)
- 2 = sometimes true (3-4 days)
- 3 = often true (5-6 days)
- 4 = almost always true (every day)



During the past week, including today...

Circle a number

1. I felt sad or depressed.	0 1 2 3 4
2. I was not as interested in my usual activities.	0 1 2 3 4
3. My appetite was poor, and I didn't feel like eating.	0 1 2 3 4
4. My appetite was much greater than usual.	0 1 2 3 4
5. I had difficulty sleeping.	0 1 2 3 4
6. I was sleeping too much.	0 1 2 3 4
7. I felt very fidgety, making it difficult to sit still.	0 1 2 3 4
8. I felt physically slowed down, like my body was stuck in mud.	0 1 2 3 4
9. My energy level was low.	0 1 2 3 4
10. I felt guilty.	0 1 2 3 4
11. I thought I was a failure.	0 1 2 3 4
12. I had problems concentrating.	0 1 2 3 4
13. I had more difficulties making decisions than usual.	0 1 2 3 4
14. I wished I was dead.	0 1 2 3 4
15. I thought about killing myself.	0 1 2 3 4
16. I thought that the future looked hopeless.	0 1 2 3 4

17. Overall, how much have symptoms of depression interfered with or caused difficulties in your life during the past week? (circle one)

- 0) not at all
- 1) a little bit
- 2) a moderate amount
- 3) quite a bit
- 4) extremely

18. How would you rate your overall quality of life during the past week? (circle one)

- 0) very good; my life could hardly be better
- 1) pretty good; most things are going well
- 2) the good and bad parts are about equal
- 3) pretty bad; most things are going poorly
- 4) very bad; my life could hardly be worse

Adapted from the Clinically Useful Depression Outcome Scale (CUDOS), developed by Mark Zimmerman, MD, Director of Outpatient Psychiatry at Rhode Island Hospital. Compr Psychiatry. Mar-Apr 2008;49(2):131-140.

This resource is provided for informational purposes only and is not intended as a substitute for a healthcare professional's independent judgment. Always follow the healthcare advice of your doctor. Do not change the way you take your medication without talking with your doctor.

If you ever have suicidal thoughts, call your doctor or 911, or go to an emergency room. Take suicidal thoughts seriously and get help immediately.