

**SELF-ASSESSMENT PROCEDURE
PART 2**

Mark "True" or "False" to the following statements as they apply to you at the time that you complete the questionnaire. In cases where you cannot decide or don't know the answer, please mark "False." Please ascertain that you've marked the question before moving to the next.

PLEASE ASCERTAIN THAT ALL STATEMENTS ARE MARKED EITHER TRUE OR FALSE BEFORE RETURNING THE QUESTIONNAIRE

5. My depression started suddenly. It's time of onset can be clearly defined and determined within a specific 2-week period.

True____ False____

190. The beginning of my depression was gradual, it's time of onset can be approximated within a specific 3-month period but not clearly defined within a 2-week period.

True____ False____

41. I feel depressed and sad.

True____ False____

209. I cannot understand or explain why I am depressed.

True____ False____

202. I cry easily and frequently.

True____ False____

57. The severity of my depression is different at different times of the day.

True____ False____

218. I feel worse in the mornings than in the evenings.

True____ False____

217. I feel worse in the evenings than in the mornings.

True____ False____

207. Time passes slower than before.

True____ False____

160. If something good or bad happens to me my mood changes.

True____ False____

6. I have rapid and extreme changes in my mood.

True____ False____

54. I am displeased with myself and with my current situation.

True____ False____

77. I feel unlucky and unfortunate.

True____ False____

155. I am a pessimist; I see the negative side of everything.

True____ False____

60. I feel bitter, resentful and grumpy.

True____ False____

210. I cannot understand or explain why I am so bitter.

True____ False____

29. I feel that my emotions are limited to either one or a few feelings.

True____ False____

11. I feel that I've lost my ability to experience pleasure.

True____ False____

120. I have no joy in my life.

True____ False____

121. I have no play in my life.

True____ False____

119. I have lost interest in everything.

True____ False____

15. I don't care about anything anymore.

True____ False____

75. I feel that I cannot experience emotions anymore.

True____ False____

71. I feel completely empty.

True____ False____

73. I feel that nothing in the future could improve my situation.

True____ False____

51. I have nothing good in my life; I have no happy memories and I have nothing to look forward to in the future.

True____ False____

127. I have lost my desire to live.

True____ False____

53. I wish I was dead.

True____ False____

162. I think of death and dying frequently.

True____ False____

194. I have frequent thoughts of killing myself.

True____ False____

193. I have tried to kill myself.

True____ False____

76. I have lost my vitality and I am less lively and vigorous.

True____ False____

17. I feel weak and tired even without doing anything.

True____ False____

203. I feel tense and unable to relax.

True____ False____

124. I feel my arms and legs are heavy.

True____ False____

56. I awake already exhausted in the mornings.

True____ False____

117. I don't have the energy to start with any new activity.

True____ False____

2. I don't have enough will to do anything.

True____ False____

55. I have problems concentrating.

True____ False____

111. I have difficulty in making decisions.

True____ False____

74. I feel inferior to others.

True____ False____

78. I feel that I am good for nothing.

True____ False____

70. I feel overwhelmed with my problems.

True____ False____

91. I am theatrical and have a tendency to exaggerate my problems.

True____ False____

69. I feel that I am losing control.

True____ False____

72. I feel that I am unable to manage my affairs on my own.

True____ False____

80. I feel that I am losing everything I have and poverty is inevitable.

True____ False____

79. I feel guilty about things I have or have not done but should have done.

True____ False____

175. I accuse and denigrate myself.

True____ False____

176. I feel sorry for myself.

True____ False____

10. I feel tightness in my chest.

True____ False____

13. I feel nervous and anxious.

True____ False____

156. In certain situations and in the presence of certain objects I am overcome by fear that, even if I know that it is unwarranted, is so overwhelming that I try to avoid the triggering situations and objects.

True____ False____

14. I feel so scared that something might happen that I have at least 1 of the following 7 symptoms: goose bumps, moist skin, bulging eyes, dilated pupils, vascular throbbing, tremor, rapid breathing.

True____ False____

151. I have had panic attacks.

True____ False____

212. I have one or more of the following symptoms: dry mouth, excessive perspiration, hyperventilation, pounding heart.

True____ False____

30. I feel ill, but I know that I don't have a physical illness.

True____ False____

99. I am very concerned about having a serious physical illness.

True____ False____

4. I have aches and pains which cannot be attributed to medical illness or trauma.

True____ False____

59. I have indigestion with belching, nausea and vomiting.

True____ False____

85. I have problems with my bowels and I have at least one of the following symptoms: abdominal pain, abdominal discomfort, bloating, flatulence, constipation and diarrhea.

True____ False____

32. I lost my appetite and eat less than before.

True____ False____

65. My appetite has increased and I eat more than before.

True____ False____

215. I have lost at least 5% of my original weight without dieting.

True____ False____

214. I have put on at least 5% of my original weight without dieting.

True____ False____

62. I have difficulty falling asleep at night.

True____ False____

133. I wake up many times during the night.

True____ False____

122. I wake up earlier in the mornings than before.

True____ False____

97. I have been sleeping more than usual lately.

True____ False____

24. I spend much more time in bed than before.

True____ False____

33. I have less desire for sex than before.

True____ False____

172. I am a transvestite.

True____ False____

34. I talk less than before.

True____ False____

174. I cannot stop thinking about myself.

True____ False____

170. I am endlessly preoccupied with thoughts of unpleasant events in my past.

True____ False____

150. I am bothered by persistently recurring senseless thoughts which I cannot ignore however hard I try.

True____ False____

26. I can't stop carrying out some of my senseless thoughts.

True____ False____

166. My thinking is restricted to a handful of themes and I have difficulty switching from one topic to another.

True____ False____

169. My thinking is slow and when I talk there are increasing delays.

True____ False____

25. I complain all the time.

True____ False____

58. I keep on complaining about the same things.

True____ False____

31. I have a tendency to be overcritical and an inclination to judge others too harshly.

True____ False____

152. I am argumentative and hard to please.

True____ False____

116. I am irritable; I get annoyed by trivial matters.

True____ False____

96. I am hostile, unfriendly to people.

True____ False____

8. I am so angry that I feel ready to explode.

True____ False____

93. I have recurrent thoughts of killing someone.

True____ False____

92. I killed or tried to kill someone recently.

True____ False____

136. I despise people and hate mankind.

True____ False____

216. I have withdrawn from people.

True____ False____

200. I feel suspicious and distrust people.

True____ False____

102. I pick up cues which indicate to me that people are observing me and/or are talking about matters related to me.

True____ False____

38. I have beliefs which people around me think are false.

True____ False____

197. I believe in magic and the supernatural.

True____ False____

68. I feel that I am physically controlled by outside forces.

True____ False____

204. People know what I think; everybody knows what goes on in my head.

True____ False____

205. People have introduced thoughts into my head which are not mine.

True____ False____

206. People have removed thoughts from my head.

True____ False____

112. I feel that there is an external force physically interfering with the flow of my thoughts that I cannot remove however hard I try.

True____ False____

88. At least 1 of the following applies to me: I hear voices that others cannot hear; I see things others cannot see; I smell things others cannot smell; I've felt like I was being touched when no one was around.

True____ False____

20. I have strange feelings in my body.

True____ False____

118. All my difficulties are real and they have nothing to do with my mood state.

True____ False____

154. I feel befuddled by events and cannot figure out what is going on.

True____ False____

40. I feel strange, changed, unreal and unidentifiable.

True____ False____

144. I believe that I don't exist.

True____ False____

52. I feel that the world around me has changed and become strange and unreal.

True____ False____

39. I believe that my world has been destroyed and no one from my family is left alive.

True____ False____

82. This is my first depressive episode for which I am seeing a physician.

True____ False____

141. My symptoms keep changing.

True____ False____

164. My depression responded favorably to medication or electroconvulsive treatment.

True____ False____

84. I have always completely recovered from my depression.

True____ False____

158. Almost every month I am depressed before my menstruation starts.

True____ False____

173. I become depressed every year in the same season.

True____ False____

63. I was younger than 22-years-old when I had to see a doctor because of my depression.

True____ False____

123. I was at least 45 years old when I became so depressed that I had to see a doctor.

True____ False____

179. I have been depressed for less than 1 week.

True____ False____

21. I have been depressed for less than 2 weeks.

True____ False____

208. I have been depressed for less than 1 month.

True____ False____

192. I have been depressed less than 2 months.

True____ False____

153. I have been depressed for less than 6 months.

True____ False____

125. I have been continuously depressed all my life.

True____ False____

159. I have been depressed for at least 2 years.

True____ False____

3. I have been depressed at least for 4 weeks.

True____ False____

134. I have been depressed currently at least for 2 weeks.

True____ False____

126. I have been depressed longer than 2 weeks, but less than 6 months currently.

True____ False____

66. I have been depressed for longer than 6 months, but less than 2 years.

True____ False____

83. I have had short, less than 2 weeks duration, depressive episodes for at least a year.

True____ False____

81. I am a woman.

True____ False____

23. I just gave birth to a baby.

True____ False____

42. I had just delivered a baby when my current depression began.

True____ False____

128. Someone dear to me passed away recently.

True____ False____

43. My depression started within 2 months that someone dear to me passed away.

True____ False____

157. I recently had an emotionally painful event in my life.

True____ False____

49. My depression started within 3 months after a very emotionally painful event occurred in my life.

True____ False____

171. I was diagnosed with schizophrenia.

True____ False____

36. I was diagnosed with delusional disorder.

True____ False____

147. I was diagnosed with one of the following illnesses: schizophrenia, schizophreniform disorder, schizoaffective disorder, delusional disorder, brief psychotic disorder, shared psychotic disorder.

True____ False____

48. My depression started within 3 months after I was diagnosed with one of the following illnesses: schizophrenia, schizophreniform disorder, schizoaffective disorder, delusional disorder, brief psychotic disorder, shared psychotic disorder.

True____ False____

146. I was diagnosed with one of the following illnesses: anxiety disorder, somatoform disorder, factitious disorder, dissociative disorder.

True____ False____

47. My depression started within 3 months after I was diagnosed with one of the following illnesses: anxiety disorder, dissociative disorder, factitious disorder, somatoform disorder.

True____ False____

130. I was diagnosed with a non-psychiatric and non-neurological medical illness.

True____ False____

44. My depression started within 3 months after that I was diagnosed with a medical illness.

True____ False____

143. I was diagnosed with a neurological illness.

True____ False____

46. My depression started within 1 month after I was diagnosed with a neurological illness.

True____ False____

138. I have been treated with one or more of the following drugs: cimetidine, clonidine, corticosteroids, cytotoxic agents, guanethidine, oral contraceptives, methyldopa, propranolol, reserpine.

True____ False____

45. In the month my current depression started I was taking at least one of the following drugs: cimetidine, clonidine, corticosteroids, cytotoxic agents, guanethidine, oral contraceptives, methyldopa, propranolol, reserpine.

True____ False____

191. I have used recurrently one or more of the following drugs: alcohol in excess, amphetamines, cannabis, cocaine, hallucinogens, inhalants, ketamine, opioids, phencyclidine, and related drugs, and/or sympathomimetics.

True____ False____

50. In the month before my current depression started, I was taking at least one of the following drugs: alcohol in excess, amphetamines, cannabis, cocaine, hallucinogens, inhalants, ketamine, opioids, phencyclidine, and related drugs and/or sympathomimetics.

True____ False____

105. I cannot cope with my family and with my responsibilities at home.

True____ False____

106. I cannot cope with my colleagues and with my responsibilities at work.

True____ False____

108. I have had difficulties at work and with people all through my life.

True____ False____

104. I act and talk without considering the possible consequences of what I am doing and saying.

True____ False____

28. I am a conscientious, responsible and reliable person.

True____ False____

149. I am a perfectionist and cannot tolerate uncertainties in my life.

True____ False____

163. I am always afraid of being rejected.

True____ False____

129. I had one or more episode(s) with an elevated or irritable mood that affected my judgment to the extent that I had to be hospitalized.

True____ False____

100. In the past I have had one or more episode(s) with elevated or irritable mood which affected my judgment to the extent that I was doing things I would not do otherwise.

True____ False____

61. Since I was diagnosed with dysthymia I have never felt well again.

True____ False____

101. I was diagnosed with hysteria.

True____ False____

64. I was diagnosed with epilepsy.

True____ False____

86. I have a family history of mood disorder.

True____ False____

87. I have a family history of mental illness, but not of mood disorder.

True____ False____

7. I have to move all the time and cannot stand still for a moment.

True____ False____

139. I am restless.

True____ False____

140. I move slower than before.

True____ False____

109. My emotional responses are often inappropriate.

True____ False____

161. I had to see a doctor before because of another depressive episode.

True____ False____