



Mood and feeling Questionnaire

Instructions: This form is about how you might have been feeling or acted recently. Please circle how you have felt or acted this way in the past 2 weeks.

1. I felt miserable or unhappy. **YES NO**
2. I didn't enjoy anything at all. **YES NO**
3. I felt so tired I just sat around and did nothing. **YES NO**
4. I was very restless. **YES NO**
5. I felt I was no good anymore. **YES NO**
6. I cried a lot. **YES NO**
7. I found it hard to think properly or concentrate. **YES NO**
8. I hated myself. **YES NO**
9. I felt I was a bad person. **YES NO**
10. I felt lonely. **YES NO**
11. I thought nobody really loved me. **YES NO**
12. I thought I would never be as good as other kids. **YES NO**
13. I did everything wrong. **YES NO**

Score meaning:

For ages 8-18, Clinical cutoff is 11 – Higher score signifies depression.