

WORKSHEET 10.1: *Mind Over Mood* Depression Inventory (for personal use only)

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Circle one number for each item that best describes how much you have experienced each symptom over the last week.

	Not at all	Sometimes	Frequently	Most of the time
1. Sad or depressed mood	0	1	2	3
2. Feeling guilty	0	1	2	3
3. Irritable mood	0	1	2	3
4. Less interest or pleasure in usual activities	0	1	2	3
5. Withdraw from or avoid people	0	1	2	3
6. Find it harder than usual to do things	0	1	2	3
7. See myself as worthless	0	1	2	3
8. Trouble concentrating	0	1	2	3
9. Difficulty making decisions	0	1	2	3
10. Suicidal thoughts	0	1	2	3
11. Recurrent thoughts of death	0	1	2	3
12. Spend time thinking about a suicide plan	0	1	2	3
13. Low self-esteem	0	1	2	3
14. See the future as hopeless	0	1	2	3
15. Self-critical thoughts	0	1	2	3
16. Tiredness or loss of energy	0	1	2	3
17. Significant weight loss or decrease in appetite (do not include weight loss from a diet plan)	0	1	2	3
18. Change in sleep pattern—difficulty sleeping or sleeping more or less than usual	0	1	2	3
19. Decreased sexual desire	0	1	2	3

Score (of total circled numbers)

Mind Over Mood Inventory scores are not used to diagnose depression or anxiety. If you believe you are depressed or anxious we recommend that you print out your completed *Mind Over Mood* Inventories and bring them to a mental health professional or your physician. Your answers on these questionnaires can help you tell your health care provider about your experiences so they can determine a diagnosis and advise you what treatments are available. If you are interested in seeing a CBT therapist for depression or anxiety, visit www.academyofct.org and follow the links to find a certified cognitive therapist near you.