

## MOOD INVENTORY

	YES	NO
1. Are you basically satisfied with your life?	_____	_____
2. Have you dropped many of your activities and interests?	_____	_____
3. Do you feel that your life is empty?	_____	_____
4. Do you often get bored?	_____	_____
5. Are you hopeful about the future?	_____	_____
6. Are you bothered by thoughts you can't get out of your head?	_____	_____
7. Are you in good spirits most of the time?	_____	_____
8. Are you afraid that something bad is going to happen to you?	_____	_____
9. Do you feel happy most of the time?	_____	_____
10. Do you often feel helpless?	_____	_____
11. Do you often get restless and fidgety?	_____	_____
12. Do you prefer to stay at home, rather than going out and doing new things?	_____	_____
13. Do you frequently worry about the future?	_____	_____
14. Do you feel that you have more problems with memory than most?	_____	_____
15. Do you think it is wonderful to be alive now?	_____	_____
16. Do you often feel downhearted and blue?	_____	_____
17. Do you feel pretty worthless the way you are now?	_____	_____
18. Do you worry a lot about the past?	_____	_____
19. Do you find life very exciting?	_____	_____

Please see other side

	YES	NO
20. Is it hard for you to get started on new projects?	_____	_____
21. Do you feel full of energy?	_____	_____
22. Do you feel that your situation is hopeless?	_____	_____
23. Do you think that most people are better off than you are?	_____	_____
24. Do you frequently get upset over little things?	_____	_____
25. Do you frequently feel like crying?	_____	_____
26. Do you have trouble concentrating?	_____	_____
27. Do you enjoy getting up in the morning?	_____	_____
28. Do you prefer to avoid social gatherings?	_____	_____
29. Is it easy for you to make decisions?	_____	_____
30. Is your mind as clear as it used to be?	_____	_____

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