

Name: _____ Date: _____

Brief Mood Survey*

Instructions: Use checks (✓) to indicate how depressed, anxious or angry you've been feeling over the past week, including today. Please answer all the items.

Depression		0 – Not at all	1 - Somewhat	2 - Moderately	3 – A lot	4 - Extremely
1. Sad or down in the dumps						
2. Discouraged or hopeless						
3. Low self-esteem						
4. Worthless or inadequate						
5. Loss of pleasure or satisfaction in life						
Total items 1 to 5 →						

Suicidal Urges		0 – Not at all	1 - Somewhat	2 - Moderately	3 – A lot	4 - Extremely
1. Do you have any suicidal thoughts?						
2. Would you like to end your life?						
Total items 1 to 2 →						

Anxiety		0 – Not at all	1 - Somewhat	2 - Moderately	3 – A lot	4 - Extremely
1. Anxious						
2. Frightened						
3. Worrying about things						
4. Tense or on edge						
5. Nervous						
Total items 1 to 5 →						

Anger		0 – Not at all	1 - Somewhat	2 - Moderately	3 – A lot	4 - Extremely
1. Frustrated						
2. Annoyed						
3. Resentful						
4. Angry						
5. Irritated						
Total items 1 to 5 →						

Relationship Satisfaction	Dissatisfied			Satisfied			
	0 – Very	1 - Moderately	2 – Somewhat	3 – Neutral	4 – Somewhat	5 – Moderately	6 - Very
1. Communication and openness							
2. Resolving conflicts and arguments							
3. Degree of affection and caring							
4. Intimacy and closeness							
5. Overall Satisfaction							
Total Items 1 to 5 →							

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