

# Mathers Clinic Goldberg's Depression Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Directions:** Cross out the answer that best describes your attitude for each question. Use the ratings below:

0 = Not At All    1 = Just A Little    2 = Somewhat    3 = Moderately    4 = Quite A Lot    5 = Very Much

<b>Goldberg's Mania Scale</b>	<b>Not At All</b>	<b>Just A Little</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Quite A Lot</b>	<b>Very Much</b>
1. I do things slowly.	0	1	2	3	4	5
2. My future seems hopeless.	0	1	2	3	4	5
3. It is hard for me to concentrate on reading.	0	1	2	3	4	5
4. The pleasure and joy has gone out of my life.	0	1	2	3	4	5
5. I have difficulty making decisions.	0	1	2	3	4	5
6. I have lost interest in aspects of life that used to be important to me.	0	1	2	3	4	5
7. I feel sad, blue, and unhappy.	0	1	2	3	4	5
8. I am agitated and keep moving around.	0	1	2	3	4	5
9. I feel fatigued.	0	1	2	3	4	5
10. It takes great effort for me to do simple things.	0	1	2	3	4	5
11. I feel that I am a guilty person who deserves to be punished.	0	1	2	3	4	5
12. I feel like a failure.	0	1	2	3	4	5
13. I feel lifeless — more dead than alive.	0	1	2	3	4	5
14. My sleep has been disturbed too little, too much, or broken sleep.	0	1	2	3	4	5
15. I spend time thinking about HOW I might kill myself.	0	1	2	3	4	5
16. I feel trapped or caught.	0	1	2	3	4	5
17. I feel depressed even when good things happen to me.	0	1	2	3	4	5
18. Without trying to diet, I have lost, or gained, weight.	0	1	2	3	4	5

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medication: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goldberg Depression Scale, ©1993, Dr. Ivan Goldberg, All Rights Reserved.



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