

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

Goldberg's Mania Scale	Not At All	Just A Little	Somewhat	Moderately	Quite A Lot	Very Much
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: _____

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