

DEPRESSION SCALE

1. I feel that life is worthwhile.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
2. When I wake up in the morning I expect to have a miserable day.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
3. I wish I had never been born.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
4. I feel that there is more disappointment in life than satisfaction.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
5. I want to run away from everything.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
6. My future looks hopeful and promising.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
7. When I get up in the morning I expect to have an interesting day.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
8. Living is a wonderful adventure for me.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
9. I am a happy person.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
10. Things have worked out well for me.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
11. The future looks so gloomy that I wonder if I should go on.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
12. I feel that life is drudgery and boredom.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
13. I feel blue and depressed.								
Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
14. When I look back I think life has been good to me.								
Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1



COSTELLO-COMREY DEPRESSION AND ANXIETY SCALES

BACK

ANXIETY SCALE

1. I get rattled easily.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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2. When faced with excitement or unexpected situations, I become nervous and jumpy.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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3. I am calm and not easily upset.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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4. When things go wrong I get nervous and upset instead of calmly thinking out a solution.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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5. It makes me nervous when I have to wait.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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6. I am a tense, "high-strung" person.

Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
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7. I am more sensitive than most other people.

Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
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8. My hand shakes when I try to do something.

Always 9	Almost Always 8	Very Frequently 7	Frequently 6	Fairly Often 5	Occasionally 4	Rarely 3	Amost Never 2	Never 1
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9. I am a very nervous person.

Absolutely 9	Very Definitely 8	Definitely 7	Probably 6	Possibly 5	Probably Not 4	Definitely Not 3	Very Definitely Not 2	Absolutely Not 1
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Comments:

PATIENT IDENTIFICATION: