

CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION (20)

Below is a list of the ways you might have felt or behaved.

*Please indicate how often you have felt this way **DURING THE PAST WEEK.***

下按时一些你可能有过的感受或行为,请根据你的实际情况,指出在上周内各种感受或行为的发生情况。请把相应的数字圈起来。

0 = Rarely or None of the Time (Less than 1 Day)几乎没有 (不到 1 天)

1 = Some or a Little of the Time (1 - 2 Day)有些时候 (1-2 天)

2 = Occasionally or a Moderate Amount of Time (3 - 4 Days) (有 3-4 天)

3 = Most or All of the Time (5 - 7 Days) (大多数时间有 5-7 天)

	DURING THE PAST WEEK: 在上周内:	Rarely/ None 几乎没有	Some/ A Little 有些	Occasionally/ Moderately 有约一半时间	Most/ All 大多时间
1.	I was bothered by things that usually don't bother me 平时不烦我的事总是烦我。	0	1	2	3
2.	I did not feel like eating; my appetite was poor. 我不想吃, 我的胃口不好。	0	1	2	3
3.	I felt that I could not shake off the blues even with help from my family or friends. 我觉得即使在家庭和朋友的帮助下, 我也不能摆脱抑郁的心境。	0	1	2	3
4.	I felt that I was just as good as other people 我觉得自己和别人一样好。	0	1	2	3
5.	I had trouble keeping my mind on what I was doing. 我不能专心做事。	0	1	2	3
6.	I felt depressed. 我感到压抑。	0	1	2	3
7.	I felt that everything I did was an effort. 我觉得我做成每件事都不容易。	0	1	2	3
8.	I felt hopeful about the future. 我对未来充满希望。	0	1	2	3
9.	I thought my life had been a failure. 我认为我的生活是失败的。	0	1	2	3
10.	I felt fearful. 我感到害怕。	0	1	2	3
11.	My sleep was restless. 我的睡眠不安稳。	0	1	2	3
12.	I was happy. 我感到快乐。	0	1	2	3
13.	I talked less than usual. 我比平时讲话少。	0	1	2	3
14.	I felt lonely. 我感到孤独。	0	1	2	3
15.	People were unfriendly. 人们不友好。	0	1	2	3

16.	I enjoyed life 我喜欢生活。	0	1	2	3
17.	I had crying spells. 我哭过。	0	1	2	3
18.	I felt sad. 我感到悲伤。	0	1	2	3
19.	I felt that people disliked me. 我觉得人们不喜欢我。	0	1	2	3
20.	I could not get "going". 我不能进入状态。	0	1	2	3