

EXERCISE: Measuring Symptoms of Depression

To track the symptoms of depression you are experiencing, rate each item listed on the *Mind Over Mood* Depression Inventory (**Worksheet 13.1**). Fill out this inventory periodically as you use this book, to assess how your depression is changing and which *Mind Over Mood* skills are most worthwhile.

Score the inventory by adding up the numbers you circled or marked for all the items. For example, if you circled or marked 3 for each item, your score would be 57 (3×19 items). Compare your scores once or twice each week, to see if any of your symptoms are decreasing (and, if so, which symptoms are decreasing and which are not).

Record your progress on *Mind Over Mood* Depression Inventory scores on **Worksheet 13.2**. Mark each column at the bottom with the date you completed the Depression Inventory. Then put an \times in the column across from your score. It is best to fill out the inventory at fairly regular intervals, such as weekly or twice a month, rather than just filling it out when you feel particularly down. That way, the graph of your scores will be a more representative snapshot of your mood over time. (If you are filling out these worksheets onscreen, please note that the graph in **Worksheet 13.2** cannot be completed interactively. We recommend that you print this worksheet and complete it by hand. Alternatively, some PDF software has a freehand pencil tool that you can use to complete the worksheet onscreen.)

You may find that your scores fluctuate from week to week, or that they do not improve each and every time you fill out the inventory. Some weeks your score may be higher (more depressed) than the week before. This is not unusual, nor is it a bad sign; in fact, it reflects a pattern of recovery experienced by some people. A general pattern of decreasing scores over time is a sign that the changes you are making are contributing to your improvement.

Two different decreasing patterns are shown in the Epilogue of this book (Figures E.1 and E.2, pp. 293 and 294) for Ben and Marissa. If your scores keep going up or don't change at all over a six-week period, even though you are doing the exercises in this book, this can be a signal that you might need to try a different approach or get help from a health care professional.

WORKSHEET 13.1. *Mind Over Mood* Depression Inventory

Circle or mark one number for each item that best describes how much you have experienced each symptom over the last week.

	Not at all	Sometimes	Frequently	Most of the time
1. Sad or depressed mood	0	1	2	3
2. Feelings of guilt	0	1	2	3
3. Irritable mood	0	1	2	3
4. Less interest or pleasure in usual activities	0	1	2	3
5. Withdrawing from or avoiding people	0	1	2	3
6. Finding it harder than usual to do things	0	1	2	3
7. Seeing myself as worthless	0	1	2	3
8. Trouble concentrating	0	1	2	3
9. Difficulty making decisions	0	1	2	3
10. Suicidal thoughts	0	1	2	3
11. Recurrent thoughts of death	0	1	2	3
12. Spending time thinking about a suicide plan	0	1	2	3
13. Low self-esteem	0	1	2	3
14. Seeing the future as hopeless	0	1	2	3
15. Self-critical thoughts	0	1	2	3
16. Tiredness or loss of energy	0	1	2	3
17. Significant weight loss or decrease in appetite (do not include weight loss from a diet plan)	0	1	2	3
18. Change in sleep pattern – difficulty sleeping or sleeping more or less than usual	0	1	2	3
19. Decreased sexual desire	0	1	2	3
Score (sum of item scores)				