

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

## DMQ

Please read each of the statements below. Rate each statement as it applies to you, using the 1 to 5 scale below. Place your ratings in the space beside each statement. You can ignore the numbers (e.g., 9-1) beside each item.

- 1 Disagree strongly. This statement is not at all true.
  - 2 Mostly disagree. This statement is only a little or occasionally true of me.
  - 3 This statement applies to me some of the time.
  - 4 Agree. This statement describes me moderately well.
  - 5 Strongly agree. This statement fits me extremely well.
- 
- 9-1    \_\_\_\_\_ I just can't seem to get myself moving.
- 9-1    \_\_\_\_\_ I set goals for myself, but I never seem to reach them.
- 9-1    \_\_\_\_\_ When I manage to do things, I feel discouraged at how much remains to be done.
- 12-1   \_\_\_\_\_ I'm having a hard time eating properly lately.
- 12-1   \_\_\_\_\_ My mood problems seem related to the way I eat.
- 12-2   \_\_\_\_\_ I haven't been getting much exercise lately.
- 12-2   \_\_\_\_\_ In the past I've usually felt better when I've been more physically active.
- 12-3   \_\_\_\_\_ I've been having a hard time sleeping.
- 12-3   \_\_\_\_\_ My sleep schedule isn't very regular.
- 12-4   \_\_\_\_\_ I drink more than two cups of coffee (or four cups of tea) each day.
- 12-4   \_\_\_\_\_ I drink a lot of caffeinated soft drinks such as colas.
- 12-5   \_\_\_\_\_ I spend a lot of time indoors away from natural light.
- 12-5   \_\_\_\_\_ I seem to get more depressed during the winter.
- 12-6   \_\_\_\_\_ I still drink (or use recreational drugs), even though I'm depressed.
- 12-6   \_\_\_\_\_ I may have a drug or alcohol problem.
- 12-7   \_\_\_\_\_ I was raised to think that doing things for the fun of it was silly or inappropriate.
- 12-7   \_\_\_\_\_ I don't do anything fun anymore.

- 1 Disagree strongly. This statement is not at all true.
  - 2 Mostly disagree. This statement is only a little or occasionally true of me.
  - 3 This statement applies to me some of the time.
  - 4 Agree. This statement describes me moderately well.
  - 5 Strongly agree. This statement fits me extremely well.
- 

- 14-1    ☐ I'm not really aware of my negative thinking.
- 14-1    ☐ I seem to react to events more negatively than most people.
- 14-2    ☐ People have told me I blow things out of proportion.
- 14-2    ☐ Minor events seem to produce big emotional responses in me.
- 14-3    ☐ I put myself down a lot.
- 14-3    ☐ I seem to talk myself into despair sometimes.
- 14-4    ☐ My attitude seems to trip up my emotions.
- 14-4    ☐ My beliefs and assumptions are a big part of the problem.
- 14-5    ☐ I think negatively during depression, but I'm not sure how it happens.
- 14-5    ☐ In my mind I seem to distort what's really going on in my life.
- 14-6    ☐ I think about how I should be and I realize I don't measure up.
- 14-6    ☐ My life doesn't seem to go the way I think it should.
- 14-7    ☐ When things go badly, I tend to blame myself.
- 14-7    ☐ When things go well, I never seem to feel any better.
- 14-8    ☐ I'm a perfectionist.
- 14-8    ☐ I worry that other people expect too much of me.
- 14-9    ☐ I can't help thinking negative thoughts.
- 14-9    ☐ I'd like to learn how to talk back to my negative thoughts.
- 14-10   ☐ I worry about things a lot.
- 14-10   ☐ When I start worrying about something I find it difficult to stop.
- 14-11   ☐ My memory and concentration are really affected by the depression.
- 14-11   ☐ I can't seem to make decisions lately.
- 15-1    ☐ I want to put a halt to my negative emotions.
- 15-1    ☐ My emotions seem childish, wrong, or dangerous.
- 15-2    ☐ I've been under a lot of stress lately.
- 15-2    ☐ I need to learn how to handle stress more effectively.
- 15-3    ☐ Fear seems to play a big role in my depression.
- 15-3    ☐ I find it extremely difficult to face my fears.
- 15-4    ☐ I've been quite irritable or angry lately.
- 15-4    ☐ When I become very angry, I have a hard time letting go of it.

- 1 Disagree strongly. This statement is not at all true.
  - 2 Mostly disagree. This statement is only a little or occasionally true of me.
  - 3 This statement applies to me some of the time.
  - 4 Agree. This statement describes me moderately well.
  - 5 Strongly agree. This statement fits me extremely well.
- 

- 15-5 \_\_\_\_\_ I'm easily overwhelmed.
- 15-5 \_\_\_\_\_ When I feel overwhelmed I tend to give up and stop trying.
- 15-6 \_\_\_\_\_ At times I feel overcome by guilt.
- 15-6 \_\_\_\_\_ I feel intensely ashamed of myself.
- 15-7 \_\_\_\_\_ Hope is the one thing I hang onto during depression.
- 15-7 \_\_\_\_\_ I seem to get my hopes up and then have them crushed, which makes me feel worse.
- 15-8 \_\_\_\_\_ When I feel better I have a hard time trusting that my mood won't just crash again.
- 15-8 \_\_\_\_\_ When I'm feeling well, I worry that the depression is lurking around the corner.
- 15-9 \_\_\_\_\_ When my mood dips, I become very afraid that I'll slide right back to the bottom.
- 15-9 \_\_\_\_\_ I want to get better steadily, without any setbacks.
- 16-1 \_\_\_\_\_ There doesn't seem to be enough time in the week to do everything.
- 16-1 \_\_\_\_\_ My life seems filled with things I don't actually enjoy or think are worthwhile.
- 16-2 \_\_\_\_\_ I usually try to give 100% to everything I do.
- 16-2 \_\_\_\_\_ I get frustrated when I'm not operating at peak efficiency.
- 16-3 \_\_\_\_\_ Work occupies a more central role in my life than it should.
- 16-3 \_\_\_\_\_ I think burnout at work is part of my problem.
- 16-4 \_\_\_\_\_ I often seem to be right on the edge financially.
- 16-4 \_\_\_\_\_ I'm deep in debt.
- 16-5 \_\_\_\_\_ My life is usually too rushed to let me slow down and relax.
- 16-5 \_\_\_\_\_ I'm always running from place to place trying to keep up with my life.
- 16-6 \_\_\_\_\_ There's a stack of paper at home (or work) that I haven't been facing.
- 16-6 \_\_\_\_\_ The list of small errands and tasks I have to do seems endless.
- 16-7 \_\_\_\_\_ The news affects me deeply right now.
- 16-7 \_\_\_\_\_ I'm a news addict; I constantly read or tune into the news.
- 16-8 \_\_\_\_\_ I spend most of my life in an urban environment.
- 16-8 \_\_\_\_\_ Nature seems to exert a calming influence on me.

- 1 Disagree strongly. This statement is not at all true.
  - 2 Mostly disagree. This statement is only a little or occasionally true of me.
  - 3 This statement applies to me some of the time.
  - 4 Agree. This statement describes me moderately well.
  - 5 Strongly agree. This statement fits me extremely well.
- 

- 17-1    ☐    I have acquaintances, but few deep friendships.
- 17-1    ☐    I don't seem to spend much time with friends.
- 17-2    ☐    Some good friends seem to have drifted out of my life the past few years.
- 17-2    ☐    Since I became depressed, I've been deserted by people I thought would support me.
- 17-3    ☐    I don't really know very many people.
- 17-3    ☐    I need to expand my social circle and meet some new people.
- 17-4    ☐    There are specific things friends could help me with during depression.
- 17-4    ☐    Some of the people in my life would like to help but don't know how.
- 17-5    ☐    When I'm depressed it seems that all I can talk about is how I'm      feeling.
- 17-5    ☐    When I'm depressed I pretend I'm fine.
- 17-6    ☐    It's hard for me to stand up for myself.
- 17-6    ☐    I wind up doing a lot of things because it's hard for me to say 'no.'
- 17-7    ☐    I have children to take care of.
- 17-7    ☐    I've noticed that during depression it's harder to be a good parent.
- 17-8    ☐    What I really want is a romantic partner.
- 17-8    ☐    My depression has had a negative impact on my relationship with my partner.
- 18-1    ☐    Nothing seems important or meaningful to me right now.
- 18-1    ☐    I used to have a sense of meaning and purpose in my life, but it's gone.
- 18-2    ☐    I think that the values of society may contribute to my depression.
- 18-2    ☐    I've tried "fitting in" for much of my life, but that hasn't given me a sense of purpose.
- 18-3    ☐    I think my mood problem is partly a mid-life crisis.
- 18-3    ☐    I became disillusioned about my life before the depression began.
- 18-4    ☐    I've committed myself to my path in life and I can't change it now.
- 18-4    ☐    I'm feeling trapped by the decisions I made in the past.
- 18-5    ☐    Depression is just an illness; I won't learn anything valuable from it.
- 18-5    ☐    I suspect that having depression could somehow change parts of my life for the better.

- 1 Disagree strongly. This statement is not at all true.
  - 2 Mostly disagree. This statement is only a little or occasionally true of me.
  - 3 This statement applies to me some of the time.
  - 4 Agree. This statement describes me moderately well.
  - 5 Strongly agree. This statement fits me extremely well.
- 

- 18-6 \_\_\_\_\_ I feel a need for spirituality in my life.
- 18-6 \_\_\_\_\_ Religion and spirituality have played no part in my life lately.
- 18-7 \_\_\_\_\_ I seem very self-involved; I'd like get involved in something bigger.
- 18-7 \_\_\_\_\_ When I'm focused on a larger cause, my mood seems somewhat better.