



(7) Today I feel depressed.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(8) Today my thoughts are going fast.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(9) Today it seems like nothing will ever work out for me.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(10) Today I feel overactive.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(11) Today I feel as if the world is against me.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(12) Today I feel "sped up" inside.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(13) Today I feel restless.

0 100  
 O O O O O O O O O O O  
 Not at all Rarely Very much so  
 Rarely Much of the time

(14) Today I feel argumentative.

0 100  
 O O O O O O O O O O O  
 Not at all Very much so  
 Rarely Much of the time

(15) Today I feel energized.

0 100  
 O O O O O O O O O O O  
 Not at all Very much so  
 Rarely Much of the time

(16) Today I feel:

0 100  
 O O O O O O O O O O O  
 Depressed Normal Manic  
 Down High

from:

Bauer M, et al. Independent assessment of manic and depressive symptoms by self-rating. scale characteristics and implications for the study of mania. Arch Gen Psychiatry 1991; 48:807-12.