



Updated ULS-8

Please circle the number to indicate how often each statement describes you right now.

Never Rarely Sometimes Often

- | | | | | |
|--|---|---|---|---|
| 1. I am lacking
companionship. | 1 | 2 | 3 | 4 |
| 2. I am feeling that
there is no one
I can turn to. | 1 | 2 | 3 | 4 |
| 3. I am feeling
outgoing. | 1 | 2 | 3 | 4 |
| 4. I am feeling
left out | 1 | 2 | 3 | 4 |
| 5. I am feeling
isolated from others. | 1 | 2 | 3 | 4 |
| 6. I can find companionship
if I want it. | 1 | 2 | 3 | 4 |
| 7. I am unhappy being so
withdrawn. | 1 | 2 | 3 | 4 |
| 8. I am feeling that
people are around me
but not with me. | 1 | 2 | 3 | 4 |

Raw score: Score 1-4 as indicated above for items 1, 2, 4, 5, 7, and 8.

For items 3 and 6: Never = 4, Rarely = 3, Sometimes = 2, and Often = 1.

Average the 8-item scores to get the raw scale score.

0-100 score: $(\text{raw scale score} - 1) * (100/3)$



Updated CES-D 10

Please circle the number to indicate how often each statement describes you right now.

	Never	Rarely	Sometimes	Often
1. I am being bothered by things that don't usually bother me	1	2	3	4
2. I am having trouble keeping my mind on what I am doing	1	2	3	4
3. I am feeling depressed	1	2	3	4
4. I am feeling everything I do is an effort	1	2	3	4
5. I am feeling hopeful about the future	1	2	3	4
6. I am feeling fearful	1	2	3	4
7. My sleep was restless	1	2	3	4
8. I am feeling happy	1	2	3	4
9. I am feeling lonely	1	2	3	4
10. I cannot "get going"	1	2	3	4



Updated GAD-7

Please circle the number to indicate how often each statement describes you right now.

	Never	Rarely	Sometimes	Often
1. I am feeling nervous, anxious, or on edge	1	2	3	4
2. I am not able to stop or control worrying	1	2	3	4
3. I am worrying too much about different things	1	2	3	4
4. I am having trouble relaxing	1	2	3	4
5. I am feeling so restless that it is hard to sit still	1	2	3	4
6. I am feeling easily annoyed or irritable	1	2	3	4
7. I am feeling afraid, as if something awful might happen	1	2	3	4

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people today?

Not at all Somewhat difficult Very difficult Extremely difficult



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