

1. Over the past two weeks, how often have you felt little interest or pleasure in doing things?

Answer: *Sometimes, especially after work.*

2. How often have you felt nervous, anxious, or on edge?

Answer: *Fairly often on busy days.*

3. How often have you been unable to stop or control worrying?

Answer: *I can calm myself with breathing, so not too often.*

4. How often have you felt down, depressed, or hopeless?

Answer: *Only occasionally, usually on rainy days.*

5. How often have you had trouble falling or staying asleep, or sleeping too much?

Answer: *I stay up late maybe twice a week.*

6. How often have you felt tired or had little energy?

Answer: *Most afternoons I need a quick break.*

7. How often have you had poor appetite or found yourself overeating?

Answer: *I skip meals when stressed, once or twice a week.*

8. How often have you felt bad about yourself—or that you are a failure or have let yourself or your family down?

Answer: *Rarely—I try to remind myself of my progress.*

9. How often have you had trouble concentrating, for example when reading or watching television?

Answer: *Now and then, particularly when multitasking.*

10. How often have you been moving or speaking so slowly that other people could have noticed—or the opposite, being so fidgety or restless?

Answer: *Friends have noticed restlessness once or twice.*

11. How often have you had thoughts that you would be better off dead or of hurting yourself?

Answer: *Never.*

12. How often have you felt irritable or easily annoyed?

Answer: *A bit more than I'd like, maybe weekly.*

13. How often have you avoided social activities because of how you felt?

Answer: *Once in a while, though I push myself to go.*

14. How often have you felt overwhelmed by day-to-day responsibilities?

Answer: *Frequently when deadlines pile up.*

15. How would you rate your overall mental well-being today?

Answer: *I'd say a solid 7 out of 10 today.*