



PsyDC

Psychological Data Collection & Validation Platform **PHQ-9 Depression Assessment Dataset**

Comprehensive Analysis of 350 Synthetic Patient Responses

Research Dataset • November 2025

The scores and levels are not clinically tested. Clinically tested data is available upon request.

ABSTRACT

This dataset contains 350 synthetic patient responses to the PHQ-9 depression screening questionnaire. Each record includes complete responses to all nine items, calculated total scores (0-27 range), and severity classifications. The dataset provides balanced representation across depression severity levels for clinical validation and research applications.

Parameter	Value	Distribution
Total Patients	350	100%
Score Range	0-27	Mean: 12.4
Severity Levels	5	Balanced distribution*
Minimal	80	22.9%
Mild	65	18.6%
Moderate	63	18.0%
Moderately Severe	75	21.4%
Severe	67	19.1%

PHQ-9 ASSESSMENT QUESTIONS

Over the last 2 weeks, how often have you been bothered by:

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself or that you are a failure
7. Trouble concentrating on things
8. Moving or speaking slowly, or being fidgety/restless
9. Thoughts that you would be better off dead or hurting yourself

Response Scale: (0) Not at all • (1) Several days • (2) More than half the days • (3) Nearly every day

* Distribution varies with increase in dataset

COMPLETE PATIENT RESPONSE DATA**Patient 001****Score: 2/27****Severity: None / Minimal**

- Q1: Honestly, I've been feeling fine most days. No big mood changes lately.
 Q2: I still enjoy my hobbies—painting and walks make me happy.
 Q3: My sleep's been decent; I wake up rested.
 Q4: I feel energetic through most of the day, maybe a bit tired after work but nothing unusual.
 Q5: My appetite hasn't really changed.
 Q6: I feel good about myself and what I'm doing in life.
 Q7: I can concentrate easily at work and when reading.
 Q8: I don't feel restless or slowed down; I'm pretty steady.
 Q9: I haven't had any thoughts of hurting myself.

Patient 002**Score: 7/27****Severity: Mild**

- Q1: I've been a little down lately, though I can still laugh at things sometimes.
 Q2: Some of the stuff I used to love doesn't excite me quite as much.
 Q3: My sleep's been hit or miss—some nights I just can't stay asleep.
 Q4: I feel tired more often than I used to.
 Q5: I've been eating less, not much appetite most days.
 Q6: I sometimes feel like I'm not doing enough or letting people down.
 Q7: My focus slips sometimes, especially during long meetings.
 Q8: I get a bit antsy but nothing serious.
 Q9: No thoughts of self-harm—just a bit low.

Patient 003**Score: 12/27****Severity: Moderate**

- Q1: I've been feeling sad and empty more days than not.
 Q2: Things I used to love—music, movies—don't bring much joy anymore.
 Q3: My sleep is really inconsistent; sometimes I oversleep, other times I can't fall asleep at all.
 Q4: I'm tired nearly every day, even when I haven't done much.
 Q5: My appetite changes; some days I barely eat.
 Q6: I often feel like a failure, like I'm disappointing everyone.
 Q7: It's hard to focus—my thoughts wander constantly.
 Q8: I feel sluggish, like moving through mud.
 Q9: I've had fleeting thoughts about life not being worth much, but I wouldn't act on them.

Patient 004**Score: 17/27****Severity: Moderately Severe**

- Q1: Most days I feel heavy, like I'm carrying something I can't put down.
 Q2: I barely enjoy anything; even talking to friends feels exhausting.
 Q3: I either sleep way too much or can't sleep at all.
 Q4: Every day feels like a struggle; I'm drained constantly.
 Q5: I don't have much appetite—sometimes I skip meals altogether.
 Q6: I feel like I'm worthless, like nothing I do matters.
 Q7: I can't focus on reading, conversations, or even simple tasks.
 Q8: I move slower than usual, people at work have noticed.
 Q9: I sometimes think about just disappearing, though I haven't planned anything.

Patient 005

Score: 24/27

Severity: Severe

- Q1: I wake up feeling empty and hopeless every single day.
Q2: Nothing brings joy—everything feels pointless.
Q3: I hardly sleep at night, and when I do, I wake up after a few hours.
Q4: My energy is gone; I barely have the strength to shower or eat.
Q5: I've lost all appetite; food tastes like nothing.
Q6: I hate myself and feel like I'm a burden to everyone around me.
Q7: I can't concentrate on anything; even reading a sentence feels impossible.
Q8: I move slowly, sometimes I just stare at the wall for hours.
Q9: I've had serious thoughts of ending my life, though I haven't tried.

Patient 006

Score: 8/27

Severity: Mild

- Q1: Lately, I've felt a bit more irritable and tired than usual.
Q2: I still find joy in things, but it fades quickly.
Q3: My sleep pattern's changed—I wake up earlier than I want to.
Q4: My energy dips during the day, even with coffee.
Q5: My appetite's fine, maybe a bit less than before.
Q6: I sometimes criticize myself for not doing better.
Q7: My mind wanders at work, but I manage to pull it back.
Q8: I feel a little on edge but not physically restless.
Q9: No suicidal thoughts, just occasional sadness.

Patient 007

Score: 13/27

Severity: Moderate

- Q1: Most days I feel sad and emotionally flat.
Q2: Things that used to make me happy just feel dull now.
Q3: I struggle to fall asleep and wake up several times at night.
Q4: I feel worn out by midday, even without doing much.
Q5: I've been eating less—food doesn't interest me.
Q6: I often feel like I'm failing at life.
Q7: Concentration is difficult; I forget what I'm doing mid-task.
Q8: I feel either restless or completely lethargic.
Q9: I've thought about not wanting to exist, but haven't made plans.

Patient 008

Score: 1/27

Severity: None / Minimal

- Q1: I've been in a good mood overall, nothing really bringing me down.
Q2: I enjoy hanging out with friends and cooking.
Q3: Sleep's good—about seven hours a night.
Q4: I stay energetic most of the day.
Q5: My appetite's normal, maybe I snack too much.
Q6: I feel confident in my work and choices.
Q7: I can focus well during classes and projects.
Q8: I don't feel restless or sluggish.
Q9: No dark thoughts at all.

Patient 009

Score: 18/27

Severity: Moderately Severe

- Q1: Every day feels like a repeat of sadness and exhaustion.
Q2: I've lost interest in everything—music, work, even talking to friends.
Q3: My sleep's terrible; I wake up several times, sometimes from nightmares.
Q4: I'm always tired, even after doing nothing.
Q5: I've lost weight because I just don't feel like eating.
Q6: I constantly feel like I'm useless.
Q7: I can't focus on my studies; my mind drifts into negative thoughts.
Q8: I move and speak slowly; people ask if I'm okay.
Q9: I've thought about death more often lately, but haven't made any attempt.

Patient 010

Score: 25/27

Severity: Severe

- Q1: It's been weeks since I've felt even a hint of happiness.
Q2: Everything I used to care about feels meaningless.
Q3: I either don't sleep for nights or sleep the entire day.
Q4: I feel like my body weighs a ton—I can't move without effort.
Q5: I've stopped eating properly; food makes me nauseous.
Q6: I hate who I am. I don't think anyone would miss me.
Q7: My brain feels foggy; I can't even read a paragraph without zoning out.
Q8: I move so slowly that people comment on it.
Q9: I think about ending my life almost every day, though I haven't acted on it.

Patient 011

Score: 2/27

Severity: None/Minimal

- Q1: Honestly, I've been feeling pretty good lately. I keep myself active and engaged.
Q2: I don't really feel down or hopeless — I'm usually optimistic about things.
Q3: My sleep's been normal; I get enough rest most nights.
Q4: My energy levels are fine. I get through my day without much fatigue.
Q5: My appetite hasn't changed — I eat regularly and enjoy my meals.
Q6: I'm able to focus on my work without trouble.
Q7: I feel confident about myself and the things I do.
Q8: I haven't felt slowed down or restless; I'm at my usual pace.
Q9: I've never had thoughts of harming myself or feeling that life isn't worth living.

Patient 012

Score: 6/27

Severity: Mild

- Q1: Some days I feel a bit off, like I don't have as much drive as usual.
Q2: I get mildly discouraged now and then, especially when plans don't work out.
Q3: I sometimes have trouble falling asleep, but most nights are fine.
Q4: I feel a little tired during the day, though I still manage my tasks.
Q5: My appetite's okay, though I occasionally skip meals without noticing.
Q6: I lose focus easily when I'm stressed, but I can pull myself back on track.
Q7: I've been a bit critical of myself lately, but not severely.
Q8: I don't feel slowed down, maybe just a bit restless when anxious.
Q9: I've never seriously thought about ending my life — just minor frustration.

Patient 013

Score: 8/27

Severity: Mild

- Q1: I've been feeling a little low recently, but I wouldn't say I'm depressed.
Q2: Sometimes I get the sense that nothing I do really matters.

Q3: My sleep pattern is irregular — I wake up early and can't go back to sleep.

Q4: I get tired quickly, especially after work.

Q5: I don't feel hungry as often, though I still eat normally.

Q6: My mind drifts easily; I find it hard to stay focused.

Q7: I've been doubting myself more than usual.

Q8: I move fine, though I sometimes fidget or pace around.

Q9: I've never thought of hurting myself, but I've wished for a mental break.

Patient 014

Score: 13/27

Severity: Moderate

Q1: Most days, I feel like I'm just going through the motions without much purpose.

Q2: I often feel hopeless about where my life is going.

Q3: My sleep has been poor — I either oversleep or can't fall asleep at all.

Q4: I'm tired almost every day, even after resting.

Q5: I barely feel like eating; food just doesn't appeal anymore.

Q6: My mind feels foggy, and I can't concentrate for long periods.

Q7: I've been feeling like a failure, like I've let people down.

Q8: I tend to move slower than usual, and people have noticed.

Q9: I've had fleeting thoughts about not wanting to exist, though I wouldn't act on them.

Patient 015

Score: 12/27

Severity: Moderate

Q1: I feel emotionally drained most of the week; it's hard to find joy in things.

Q2: There's a dull sense of sadness that doesn't really go away.

Q3: My sleep is all over the place — I wake up at 3 a.m. and stare at the ceiling.

Q4: I feel tired even after doing very little.

Q5: My appetite has dropped; I eat out of necessity, not desire.

Q6: I struggle to stay focused — my mind keeps wandering.

Q7: I feel worthless more often than not, like I've lost direction.

Q8: I feel slower, like even small tasks take more effort.

Q9: I've thought about whether life would be easier if I weren't here, but not seriously.

Patient 016

Score: 17/27

Severity: Moderately Severe

Q1: Lately, I wake up with this heavy feeling in my chest that lasts all day.

Q2: I feel hopeless — like nothing will ever improve for me.

Q3: I barely sleep; I toss and turn, and sometimes stay awake all night.

Q4: I'm exhausted constantly — physically and mentally.

Q5: I hardly eat; sometimes I go a whole day with just coffee.

Q6: I can't focus at all; even reading a paragraph feels impossible.

Q7: I feel like a complete failure, like I'm letting everyone down.

Q8: I move slowly, and people keep asking if I'm okay.

Q9: I've thought about disappearing or not existing, though I haven't made any plans.

Patient 017

Score: 18/27

Severity: Moderately Severe

Q1: Almost every day feels the same — dull, heavy, and pointless.

Q2: I've lost hope in myself and the things I used to care about.

Q3: I can't sleep more than two or three hours a night.

Q4: My energy is gone — even getting out of bed feels like a battle.

Q5: I don't feel hungry at all; eating feels like a chore.

Q6: My concentration has dropped; I forget simple things.

Q7: I constantly think I'm worthless and a burden to people.

Q8: I barely move or talk unless I absolutely need to.

Q9: I sometimes think everyone would be better off without me, but I haven't tried anything.

Patient 018

Score: 24/27

Severity: Severe

Q1: Every single day, I wake up feeling like I can't face the world.

Q2: I feel completely hopeless and empty — like nothing will ever change.

Q3: I sleep for hours during the day or not at all at night.

Q4: I have no energy; even showering feels impossible sometimes.

Q5: I hardly eat — I've lost a lot of weight without trying.

Q6: My thoughts are jumbled; I can't read or focus for more than a minute.

Q7: I feel like I've failed at life and don't deserve to be here.

Q8: I move slowly, stare at walls for hours, or lie motionless.

Q9: I think about ending my life often — the thoughts scare me, but they're constant.

Patient 019

Score: 26/27

Severity: Severe

Q1: I don't feel anything anymore — no happiness, no sadness, just numbness.

Q2: Everything feels meaningless, like there's no point in trying.

Q3: My sleep is broken; I wake up drenched in anxiety or don't sleep for days.

Q4: I'm so exhausted I can barely get through daily chores.

Q5: I have no appetite; food feels tasteless.

Q6: I can't concentrate on even the simplest of tasks.

Q7: I think I'm a failure and that everyone would be better without me.

Q8: I either sit frozen for hours or pace around without purpose.

Q9: I've seriously thought about ending my life more than once.

Patient 020

Score: 27/27

Severity: Severe

Q1: I wake up crying without knowing why; everything feels unbearable.

Q2: I feel hopeless, like my life is collapsing and I can't stop it.

Q3: I hardly sleep; nightmares wake me up, and I dread mornings.

Q4: I have zero energy — even brushing my teeth feels overwhelming.

Q5: I force myself to eat, but most days I don't bother.

Q6: My thoughts are scattered; I can't finish a single task.

Q7: I think I'm worthless, like I've failed at everything that matters.

Q8: I either move painfully slow or have restless bursts of pacing.

Q9: I've thought about suicide seriously, even planned how I might do it, though I haven't acted yet.

Patient 021

Score: 24/27

Severity: Severe

Q1: I've been feeling down pretty much every day lately. It's like there's this heavy cloud that just won't lift, you know? I wake up and it's already there.

Q2: Honestly, nothing really excites me anymore. I used to love cooking and watching movies, but now I just can't be bothered. Everything feels so pointless.

Q3: Sleep is a nightmare. I either can't fall asleep until 3 or 4 AM, or I wake up multiple times during the night. And even when I do sleep, I wake up exhausted.

Q4: I'm completely drained all the time. Just getting through a shower feels like running a marathon. I have to force myself to do even the smallest things.

Q5: My appetite is basically gone. I've lost about 15 pounds in the past month because I just forget to eat or nothing sounds appealing. Food tastes like cardboard.

Q6: I feel like such a failure. I constantly think about how I've let everyone down—my family, my colleagues, myself. I'm worthless and everyone would be better off without me.

Q7: I can't concentrate on anything. I'll read the same paragraph five times and still have no idea what it says. Work has become impossible because I just can't focus.

Q8: I move like I'm underwater—everything is slow and heavy. My sister even commented that I seem 'off' because I'm talking slower than usual.

Q9: Yes, I've had thoughts about it. Not specific plans, but I've thought that maybe everyone would be better off if I just wasn't here anymore. It scares me, but the thoughts are there.

Patient 022

Score: 12/27

Severity: Moderate

Q1: I'd say most days I feel pretty low. Maybe 4 or 5 days out of the week I wake up feeling sad or empty.

Q2: There are definitely things I still enjoy, but not as much as before. Like, I still watch TV but it doesn't really make me laugh like it used to.

Q3: Sleep has been a bit off. Some nights I have trouble falling asleep, maybe a few times a week. It's annoying but not every night.

Q4: I'm more tired than usual, I guess. By the afternoon I'm pretty worn out, but I can still get through my day.

Q5: My eating is a bit weird—sometimes I'm really hungry and other times I'm not hungry at all. I've maybe gained a few pounds from stress eating.

Q6: I don't feel great about myself lately. Sometimes I think I'm not doing enough or that I'm disappointing people, but it comes and goes.

Q7: My concentration isn't terrible, but I do zone out more than usual. I have to reread emails sometimes or rewind shows because I wasn't paying attention.

Q8: I don't think I'm moving any differently. Maybe I fidget more when I'm anxious, but nothing major.

Q9: No, I haven't had any thoughts like that. I feel down but I'm not thinking about hurting myself or anything.

Patient 023

Score: 2/27

Severity: None/Minimal

Q1: Not really, no. I have my bad days like everyone else, but they're pretty rare. Maybe one day every couple weeks I feel a bit off.

Q2: I'm still enjoying my hobbies and spending time with friends. I actually just started learning guitar and I'm really into it.

Q3: Sleep is fine for me. I usually get 7-8 hours and feel rested. Occasionally I have a rough night if I'm stressed, but that's normal.

Q4: My energy is good. I work out three times a week and keep up with my job and social life without feeling exhausted.

Q5: Appetite is totally normal. I eat three meals a day and enjoy food. No changes there.

Q6: I feel pretty good about myself overall. Sure, I have moments of self-doubt, but doesn't everyone? Generally, I think I'm doing okay.

Q7: Concentration is fine. I can focus at work, read books, follow conversations—no issues there.

Q8: Nope, I move normally. I'm actually pretty active and energetic most of the time.

Q9: Absolutely not. I've never had thoughts like that. Life is good.

Patient 024

Score: 27/27

Severity: Severe

Q1: Almost every single day. I can't remember the last time I woke up and didn't immediately feel this crushing sadness. It's been months of this.

Q2: Nothing brings me joy anymore. I used to love painting, spending time with my kids, going to the beach—now it all feels meaningless. I go through the motions but feel nothing.

Q3: Sleep is terrible. I'm lucky if I get 3-4 hours a night. I lie awake for hours, and when I do sleep, I wake up constantly. I'm exhausted but can't rest.

Q4: I have absolutely no energy. Getting out of bed takes everything I have. Some days I don't even manage to get dressed. I'm just so tired of being tired.

Q5: I've barely eaten anything in weeks. I've lost over 20 pounds. Food makes me nauseous and I have to force myself to eat even a few bites.

Q6: I hate myself. I genuinely believe I'm a burden to everyone around me. My family deserves better. I'm filled with guilt and shame constantly about how inadequate I am.

Q7: My mind is complete fog. I can't remember simple things, I can't follow conversations, I can't make decisions. Everything feels impossibly complicated.

Q8: My husband says I move like I'm in a trance—very slow, almost robotic. I feel like I'm disconnected from my own body.

Q9: Yes, frequently. I've thought about specific ways I could do it. I feel like it might be the only way to stop this pain. I know it's wrong, but the thoughts won't leave me alone.

Patient 025

Score: 13/27

Severity: Moderate

Q1: A few days a week I feel kind of down. Not every day, but more often than not. Maybe 3 or 4 days out of 7.

Q2: Some things still interest me, but my enthusiasm is definitely lower. I still meet friends for coffee but I'm not as engaged as I used to be.

Q3: I have some trouble sleeping—either falling asleep or staying asleep. It happens several days a week. I'm tired during the day because of it.

Q4: I'm noticing I'm more tired than I used to be. I need more coffee to get going and I feel drained by evening, but I can still function.

Q5: My appetite has changed a bit. Sometimes I overeat when stressed, other times I skip meals. My weight has fluctuated a little.

Q6: Sometimes I feel like I'm not good enough or that I've failed in some ways. It bothers me more days than not, but it's not constant.

Q7: I find it harder to focus than before. At work I get distracted easily and it takes longer to complete tasks. Reading for pleasure is harder too.

Q8: I've been a bit more restless and fidgety. My partner mentioned I seem more agitated, pacing around more than usual.

Q9: No, I haven't thought about hurting myself. I feel frustrated and sad, but not like that.

Patient 026

Score: 19/27

Severity: Moderately Severe

Q1: I've been feeling really down nearly every day for the past few weeks. There are maybe one or two days where it lets up a bit, but mostly it's there.

Q2: I've lost interest in almost everything. Work feels like a chore, I don't want to see friends, and hobbies I loved feel empty now. I'm just going through the motions.

Q3: Sleep is really disrupted. Most nights I can't fall asleep for hours, and I wake up way too early. I'm getting maybe 4-5 hours and it's not quality sleep.

Q4: I'm exhausted all the time. Even small tasks like making breakfast or checking emails feel overwhelming. I move slowly and everything requires so much effort.

Q5: I'm either not eating enough or binge eating junk food. My weight has gone up and down. I don't have a normal relationship with food right now.

Q6: I feel pretty bad about myself. I keep thinking I'm a failure and that I've disappointed everyone. These thoughts are with me most of the day.

Q7: Concentration is really poor. I can't focus on work calls, I miss details, and I feel like my brain is just not working properly. It's affecting my job performance.

Q8: I'm moving slower than normal. My movements feel heavy and deliberate. I'm not as quick or responsive as I usually am.

Q9: I've had some fleeting thoughts about not wanting to be here, but nothing serious or with any plan. It's more like wishing I could just disappear for a while.

Patient 027

Score: 3/27

Severity: None/Minimal

Q1: Once in a while I feel a bit down, but it's pretty rare. Maybe one or two days in a two-week period, if that.

Q2: I'm definitely still interested in things. I enjoy my work, love spending time with my dog, and I'm excited about an upcoming trip. Life feels pretty good.

Q3: Sleep is generally fine. Very occasionally I have a restless night, but it's not a pattern. I sleep well most nights.

Q4: My energy level is normal. I keep up with my exercise routine and daily responsibilities without feeling overly tired.

Q5: My appetite is healthy and stable. I enjoy meals and my weight has been consistent. No issues there.

Q6: I feel reasonably confident about myself. I have occasional doubts but nothing that weighs on me. Overall, I like who I am.

Q7: My concentration is good. I can focus on tasks, finish projects, and engage in conversations without difficulty.

Q8: I don't notice any changes in how I move or speak. Everything feels normal and I'm my usual self.

Q9: No, never. I don't have thoughts about harming myself. I'm in a good place mentally.

Patient 028

Score: 14/27

Severity: Moderate

Q1: Yeah, several days a week I feel down. It's not constant but it's definitely more than half the time. Maybe 4 days out of the week.

Q2: Things that used to make me happy don't quite hit the same anymore. I still do them, but the enjoyment is muted. Like watching my favorite shows—I watch them but don't really feel anything.

Q3: I have sleep problems more often than not. Either I can't fall asleep or I sleep too much—like 10-12 hours and still feel tired. It's inconsistent.

Q4: I'm tired a lot more than usual. I drag through my days and often need naps. My energy is definitely lower than it should be.

Q5: My eating habits are off. Sometimes I have no appetite, other times I eat too much. I've gained some weight from eating for comfort.

Q6: I'm pretty hard on myself lately. I keep thinking I'm not measuring up or that people are disappointed in me. It's a frequent thought.

Q7: My focus isn't great. I zone out in meetings, forget what I was doing mid-task, and have to really push myself to concentrate.

Q8: I'm a bit more sluggish than usual. I've noticed I move slower in the morning and it takes me longer to get going.

Q9: No thoughts of self-harm. I feel low but I'm not in danger or anything like that.

Patient 029

Score: 18/27

Severity: Moderately Severe

Q1: I feel down or depressed several days out of most weeks. It's been going on for a while now, maybe 5 or 6 days every week.

Q2: I've definitely lost interest in things. I used to love going out with friends and working on my car, but now I just don't care. It feels like too much effort.

Q3: Sleep is a real problem. Most nights I either can't fall asleep or I wake up in the middle of the night and can't get back to sleep. I'm tired all day.

Q4: I'm exhausted constantly. Even after sleeping, I wake up tired. Getting through work is hard and I have no energy for anything else.

Q5: My appetite is way down. I skip meals often and have lost noticeable weight. I just don't feel hungry or food doesn't appeal to me.

Q6: I feel like I'm failing at everything—my job, my relationships, my life. I'm filled with guilt about letting people down and I feel pretty worthless most days.

Q7: I really struggle to concentrate. At work I make mistakes I wouldn't normally make, and I can't follow complex conversations. My mind wanders constantly.

Q8: I'm definitely moving more slowly. People have commented that I seem 'out of it' or slow to respond. Everything feels heavy.

Q9: I've had some thoughts that maybe people would be better off without me. Not really planning anything, but the thoughts are there more than I'd like to admit.

Patient 030

Score: 4/27

Severity: None/Minimal

Q1: Just occasionally, really. Maybe a couple days a month I feel a bit low, but it passes quickly and isn't a big deal.

Q2: I'm still very much enjoying life. I'm engaged with my hobbies, love my job, and look forward to activities with friends and family.

Q3: My sleep is mostly good. Every once in a while I have trouble falling asleep if something's on my mind, but it's rare.

Q4: Energy-wise I'm doing well. I keep active, exercise regularly, and have the stamina to get through busy days.

Q5: I have a normal, healthy appetite. I enjoy food and maintain a stable weight. No concerns there.

Q6: My self-esteem is pretty solid. I have my insecure moments like anyone, but they're fleeting. I generally feel capable and worthy.

Q7: Concentration is fine for me. I can focus on work projects, read books, and stay engaged in activities without much trouble.

Q8: My movements and speech are normal. I feel like myself physically and don't notice any changes.

Q9: Not at all. I don't have any thoughts about self-harm or suicide. I value my life and have things to look forward to.

Patient 031

Score: 0/27

Severity: None/Minimal

Q1: No, not at all. I've been keeping busy and still enjoying my hobbies.

Q2: Nope, I've actually been in a pretty good mood lately.

Q3: My sleep has been great. No issues there.

Q4: No, my energy levels have been normal. I'm getting everything done.

Q5: My appetite is fine, no changes.

Q6: Not at all. I'm feeling pretty good about myself.

Q7: No, my focus has been sharp. I'm handling work just fine.

Q8: No, I don't think so. I feel calm.

Q9: Absolutely not. Never.

Patient 032

Score: 5/27

Severity: Mild

Q1: I've felt a bit 'blah' a couple of times. I still do things, but it's felt like a chore on several days.

Q2: I've had a few days where I felt kind of down, but it passes.

Q3: I had one or two nights where it was hard to get to sleep, but mostly it's been okay.

Q4: I've definitely needed extra coffee on several days. I feel like I'm dragging a bit.

Q5: No, my appetite has been normal.

Q6: No, I wouldn't say so.

Q7: I've zoned out during a meeting once or twice, but nothing major.

Q8: No, nothing like that.

Q9: Oh, no. Nothing like that at all.

Patient 033

Score: 11/27

Severity: Moderate

Q1: I just don't feel like doing much. I'm forcing myself to go to work, but I'm skipping things I used to like. It's been like that more than half the days.

Q2: Yes, I've been feeling pretty low. It's been bothering me more than half the days.

Q3: I've been sleeping too much. I just want to stay in bed. It's happened several days this week.

Q4: I'm tired a lot. It's definitely noticeable, more than half the days.

Q5: I've been snacking constantly, even when I'm not hungry. It's happened several days.

Q6: I've felt pretty guilty, like I'm not pulling my weight at home. That's bothered me several days.

Q7: My focus is off. I keep having to re-read things. It's happened more than half the days.

Q8: No, I don't think so.

Q9: No, never.

Patient 034

Score: 17/27

Severity: Moderately Severe

Q1: I just don't care about anything anymore. It feels like that almost every day.

Q2: I feel depressed and hopeless most of the time. It's been really bad, more than half the days.

Q3: I wake up around 3 AM almost every night and my mind just races. I can't get back to sleep.

Q4: I am exhausted. It's not just 'tired,' it's a bone-deep weariness, almost every day.

Q5: My appetite is gone. I've been skipping meals. It's been like that more than half the days.

Q6: I feel like I'm letting everyone down. That thought is there more than half the days.

Q7: Yes, I can't focus. I'll read a page and have no idea what it said. It's happening a lot.

Q8: I've been so restless. I can't sit still, always pacing. It's happened several days.

Q9: I've had a few passing thoughts that I'd be better off dead. It scares me.

Patient 035

Score: 27/27

Severity: Severe

Q1: I have absolutely no interest in anything. Nothing. It's been like this every day.

Q2: I feel completely hopeless. It's like a black hole, and it's there every single day.

Q3: I can't sleep. I'm lucky if I get two or three hours. It is every single night.

Q4: I have zero energy. I can barely get out of bed. It's like this every day.

Q5: I haven't eaten a real meal in days. I have no appetite whatsoever.

Q6: I hate myself. I feel like a complete failure every single day.

Q7: I can't even follow a simple TV show. My mind is just fog. It's like this every day.

Q8: My family says I'm barely moving, that I just sit and stare for hours. It's every day.

Q9: Yes. I've been thinking about how I would do it. The thoughts are there almost every day.

Patient 036

Score: 6/27

Severity: Mild

Q1: I still enjoy things when I do them, but I haven't had the energy on a few days.

Q2: I'm not 'depressed,' just frustrated that I feel so run down. It's gotten to me on several days.

Q3: My sleep has been broken. I've been waking up a lot on several nights.

Q4: That's the main problem. I'm just tired all the time. It's been several days now.

Q5: No, my appetite is fine.

Q6: No.

Q7: It's a bit hard to focus when you're this tired, but it's only happened a couple of times.

Q8: No, not at all.

Q9: No, I just want to feel better.

Patient 037

Score: 13/27

Severity: Moderate

Q1: It's hard to enjoy things when I'm this worried. It's been like that more than half the days.

Q2: I'm not so much 'down' as I am anxious. I feel this sense of dread more than half the days.

Q3: My mind races when I try to sleep. It's been hard to fall asleep more than half the days.

Q4: I'm exhausted from being so 'on edge' all the time. It's been like that more than half the days.

Q5: My stomach is in knots. I'm not eating much. It's happened several days.

Q6: I feel like a failure for not being able to 'snap out of it.' That's bothered me several days.

Q7: I can't focus on anything except my worries. It's been hard to concentrate more than half the days.

Q8: I am so fidgety. I can't stop tapping my foot or bouncing my leg. It's happened more than half the days.

Q9: No. I'm just scared.

Patient 038

Score: 26/27

Severity: Severe

Q1: No. Nothing. Not for a long time. Every day.

Q2: Completely empty. Just... black. Every day.

Q3: I wake up at 4 AM. Every. Single. Morning. And I just lie there.

Q4: I have no energy. It takes everything just to sit up. It's like this every day.

Q5: I'm not hungry. I've lost weight. It's been like this nearly every day.

Q6: I am a burden to my family. I feel this way every day.

Q7: My mind is... blank. I can't think. It's like this every day.

Q8: Yes. My husband says I'm moving in slow motion. He says I talk this slow all the time.

Q9: The thought is there. It's been there more than half the days.

Patient 039

Score: 19/27

Severity: Moderately Severe

Q1: I'm trying, but things just aren't fun. It's been like that more than half the days.

Q2: Yes, I feel hopeless. Like this is never going to end. It's been nearly every day.

Q3: I'm sleeping all the time. 12 hours, and I'm still tired. It's been more than half the days.

Q4: I have no energy at all. It's a huge effort to do anything. It's been nearly every day.

Q5: I'm overeating. It's the only thing that gives me any comfort. It's been more than half the days.

Q6: I feel disgusting and lazy. I feel like a failure more than half the days.

Q7: I can't focus on work. My mind is just fuzzy. It's been more than half the days.

Q8: I feel very slowed down, like I'm moving through water. It's happened several days.

Q9: I've thought that I wish I could just go to sleep and not wake up. It's happened a few times.

Patient 040

Score: 1/27

Severity: None/Minimal

Q1: No, I'm doing fine. I'm still enjoying my work and seeing friends.

Q2: Not at all.

Q3: Maybe one night I was up late, but that's it. It's not a problem.

Q4: No, energy is good.

Q5: It's normal.

Q6: No.

Q7: My concentration is fine.

Q8: No.

Q9: Absolutely not.

Patient 041

Score: 2/27

Severity: None/Minimal

Q1: Honestly, I've been feeling pretty normal lately. I enjoy my daily routine and still find pleasure in things I do.

Q2: I don't really feel down or hopeless. There are good and bad days, but nothing unusual.

Q3: My sleep has been okay — maybe a little late at night sometimes, but I get enough rest.

Q4: My energy levels are fine. I feel fresh enough to get through the day.

Q5: My appetite is normal; I eat as I always do.

Q6: I feel quite good about myself overall. I don't think I'm a failure or anything.

Q7: I can focus on my work or studies without any issue.

Q8: I haven't felt restless or slowed down. My movements and thoughts are steady.

Q9: I've never had thoughts about hurting myself.

Patient 042

Score: 8/27

Severity: Mild

Q1: Lately, I've noticed I don't enjoy my hobbies as much as before, but I still try to do them.

Q2: I feel a bit low at times, like a quiet sadness that passes after a while.

Q3: My sleep has been a bit disturbed — I wake up early sometimes.

Q4: I feel slightly tired during the day but manage to keep going.

Q5: I eat normally, though I've skipped a few meals when I wasn't hungry.

Q6: I sometimes think I'm not achieving enough, but it doesn't stay on my mind too long.

Q7: It's been harder to concentrate lately, especially when I'm stressed.

Q8: I get a bit restless, tapping my foot or moving around, especially when anxious.

Q9: I've never seriously thought about self-harm, but I've wondered if people would notice if I were gone.

Patient 043

Score: 12/27

Severity: Moderate

Q1: I've lost interest in most things that used to make me happy, like watching movies or going out.

Q2: I've been feeling pretty down most days; it's hard to shake the sadness.

Q3: My sleep is inconsistent — some nights I can't fall asleep, others I sleep too much.

Q4: I feel drained, like everything requires more effort than it should.

Q5: I've been eating less; food doesn't seem appealing lately.

Q6: I feel disappointed in myself and often think I've let people down.

Q7: Concentrating on my work is tough — I read the same thing over and over without processing it.

Q8: Sometimes I feel sluggish, like I'm moving through heavy air.

Q9: I've had fleeting thoughts of not wanting to wake up, though I wouldn't act on them.

Patient 044

Score: 17/27

Severity: Moderately Severe

Q1: I barely enjoy anything anymore. Even small pleasures don't feel like they used to.

Q2: I feel sad almost every day, like a heavy weight pressing on me.

Q3: My sleep is all over the place — I either can't fall asleep or sleep through the day.

Q4: I feel exhausted nearly all the time, even without doing much.

Q5: My appetite has dropped; I often skip meals unintentionally.

Q6: I feel worthless and think others would do better without me.

Q7: My focus is terrible — I zone out even during conversations.

Q8: I've been either moving slowly or pacing around, depending on the day.

Q9: I've thought a few times that life isn't worth the effort, though I haven't made any plans.

Patient 045

Score: 24/27

Severity: Severe

Q1: I can't remember the last time I felt joy or excitement about anything.

Q2: I wake up with dread every morning, feeling hopeless about the day ahead.

Q3: My sleep is terrible — I either stay awake all night or sleep for 14 hours and still feel tired.

Q4: I have no energy, like my body's made of lead.

Q5: I've stopped eating properly; sometimes I go a whole day without realizing it.

Q6: I feel like a complete failure, like I'm a burden to everyone around me.

Q7: I can't focus on anything — even watching TV feels impossible.

Q8: I move and speak slowly; sometimes I just sit in silence for hours.

Q9: I often think about ending my life because I don't see things improving.

Patient 046

Score: 7/27

Severity: Mild

Q1: I've felt less interested in hanging out with people, but I still go sometimes.

Q2: I get sad occasionally, though I can still push myself to work.

Q3: I've had a few nights of bad sleep but mostly manage.

Q4: I get tired more easily these days.

Q5: My appetite hasn't changed much.

Q6: Sometimes I criticize myself too harshly, thinking I should be doing better.

Q7: I lose focus more easily, especially when I'm anxious.

Q8: I fidget a lot, like tapping or shaking my leg.

Q9: I've had a passing thought of disappearing, but not of hurting myself.

Patient 047

Score: 13/27

Severity: Moderate

Q1: I don't find pleasure in my hobbies anymore; they feel meaningless.

Q2: I feel sad or numb most of the time lately.

Q3: My sleep is poor; I wake up several times during the night.

Q4: I feel tired even after resting.

Q5: My eating habits are off — sometimes overeating, sometimes skipping meals.

Q6: I think I've disappointed my family and friends.

Q7: I struggle to pay attention in class or at work.

Q8: I move slower than usual; even getting dressed feels like effort.

Q9: I sometimes wish I wouldn't wake up, but I wouldn't act on it.

Patient 048

Score: 18/27

Severity: Moderately Severe

Q1: I've lost almost all interest in the things I loved.

Q2: Most days I feel a deep sadness that doesn't go away.

Q3: My sleep pattern is broken; I'm awake at odd hours.

Q4: I feel physically and mentally exhausted, like I'm constantly running on empty.

Q5: My appetite has decreased significantly.

Q6: I often think I'm useless and undeserving of good things.

Q7: My concentration has gotten so bad that I can't finish simple tasks.

Q8: I've been feeling agitated lately, pacing or unable to sit still.

Q9: I've had recurring thoughts that people would be better off without me.

Patient 049

Score: 26/27

Severity: Severe

Q1: Nothing feels enjoyable anymore; I feel completely detached from life.

Q2: I've been feeling hopeless for weeks, like nothing will ever change.

Q3: I hardly sleep — maybe a couple of hours at most.

Q4: My energy is gone. Even showering feels like a mountain to climb.

Q5: I've lost a lot of weight because I forgot to eat.

Q6: I constantly feel like a burden and a failure.

Q7: I can't focus on anything for more than a few minutes.

Q8: I sit still for hours doing nothing or feel too restless to stay seated.

Q9: I frequently think about ending my life and have thought about how I might do it.

Patient 050

Score: 1/27

Severity: None/Minimal

Q1: I feel generally good about life; my routine gives me satisfaction.

Q2: I don't feel down or hopeless at all.

Q3: I sleep soundly most nights.

Q4: My energy level is steady; I handle my day well.

Q5: My appetite is normal and healthy.

Q6: I don't think poorly of myself; I'm content with who I am.

Q7: I can focus well on my tasks.

Q8: I haven't noticed any restlessness or sluggishness.

Q9: I've never had any thoughts of self-harm or death.

Patient 051

Score: 2/27

Severity: None/Minimal

Q1: I haven't really felt down much lately. Some days are better than others, but overall I'm doing okay.

Q2: I still enjoy my hobbies—I went hiking last weekend and it was great. I'm looking forward to my book club meeting next week.

Q3: I sleep pretty well most nights. Occasionally I wake up once, but I fall back asleep easily.

Q4: I have normal energy levels. I can get through my workday and still have enough energy for evening activities.

Q5: My appetite is fine. I enjoy my meals and haven't noticed any changes.

Q6: I feel good about myself. I'm proud of what I've accomplished at work recently.

Q7: I can concentrate just fine. I finished a complex project last week without any issues.

Q8: My movements and speech are normal. Nobody has mentioned anything unusual.

Q9: I haven't had any thoughts like that at all. Life feels worth living.

Patient 052

Score: 7/27

Severity: Mild

Q1: I've been feeling a bit down maybe two or three days a week. Nothing too serious, just kind of blah.

Q2: I still enjoy things, but maybe not quite as much as before. Like, I'll watch my favorite show but it doesn't excite me the way it used to.

Q3: I've had a few nights where it took me longer to fall asleep, maybe three or four times this past two weeks.

Q4: I feel a little more tired than usual, but I can still do what I need to do. I just need an extra coffee sometimes.

Q5: I've been snacking a bit more than normal when I'm bored, but nothing dramatic.

Q6: Sometimes I feel like I could be doing better at things, but it's not eating away at me or anything.

Q7: My focus is mostly okay. Every now and then my mind wanders during meetings, but I can pull myself back.

Q8: I move around normally. No one's said anything about me being different.

Q9: No, I haven't thought about hurting myself. That's not something I'm dealing with.

Patient 053

Score: 13/27

Severity: Moderate

Q1: I've been feeling pretty down most days, honestly. Maybe five or six days out of the week I just feel sad or empty.

Q2: Things that used to make me happy just don't anymore. I used to love cooking, but now I just see it as another chore I have to get through.

Q3: Sleep has been really difficult. I either can't fall asleep or I wake up at 3 AM and lie there for hours. This happens almost every night.

Q4: I'm exhausted all the time. Even simple tasks like showering or doing laundry feel overwhelming and drain whatever energy I have left.

Q5: My appetite has definitely changed—sometimes I forget to eat entirely, other times I eat junk food just because it's easy, not because I'm hungry.

Q6: I keep thinking about mistakes I've made and how I've let people down. I feel like I'm not good enough at anything anymore.

Q7: Concentrating has become really hard. I'll read the same email three times and still not process what it says. Watching TV is about all I can manage.

Q8: I've noticed I move slower than I used to. My family has mentioned that I seem 'off' or that I talk less.

Q9: Sometimes I think everyone would be better off without me, but I haven't made any plans or anything. The thoughts just pop up occasionally.

Patient 054

Score: 18/27

Severity: Moderately Severe

Q1: Every single day feels heavy. I wake up and immediately feel this crushing sadness that doesn't go away no matter what I do.

Q2: Nothing brings me joy anymore. Not my kids, not music, not anything. It all feels pointless and gray.

Q3: Sleep is a nightmare. I'm awake most of the night, and when I do sleep I have terrible dreams. I maybe get three or four hours total.

Q4: I have zero energy. Getting out of bed feels like climbing a mountain. I've called in sick to work multiple times because I physically cannot make myself function.

Q5: I've lost probably 10 pounds because I just don't feel hungry. Food tastes like cardboard. I eat because I know I should, not because I want to.

Q6: I hate myself. I constantly think about what a failure I am, how I've ruined everything, how worthless I am as a person. These thoughts consume me.

Q7: I can't concentrate on anything. My mind is either racing with terrible thoughts or it's just blank fog. I can't follow conversations or make simple decisions.

Q8: Everything feels like it's in slow motion. People have told me I seem like a zombie. Even talking requires so much effort that I barely speak anymore.

Q9: I think about death a lot. Not necessarily that I'd act on it, but I wish I could just disappear or not wake up. It feels like it would be easier for everyone.

Patient 055

Score: 25/27

Severity: Severe

Q1: There's this constant darkness. Every single day, from the moment I wake up until I finally pass out at night, I'm drowning in despair. It never stops.

Q2: I feel absolutely nothing. I'm completely numb. My daughter graduated last week and I felt nothing—no pride, no happiness, nothing. I'm dead inside.

Q3: Sleep doesn't exist for me anymore. I'm up all night, every night. When exhaustion finally hits, I get maybe an hour before waking up in panic. It's been like this for weeks.

Q4: I can barely move. I've stopped showering regularly because I don't have the energy. I lie in bed all day. Even lifting my arm feels like too much.

Q5: I haven't eaten a proper meal in days. The thought of food makes me nauseous. I've forced down crackers here and there but that's it.

Q6: I am worthless. I am a burden on everyone around me. I have destroyed every good thing in my life. I deserve all of this pain. I hate who I am with every fiber of my being.

Q7: My brain doesn't work anymore. I can't read, can't think, can't remember things from five minutes ago. It's like static in my head constantly.

Q8: I move like I'm underwater. Everything is slow and heavy. My speech is slurred. People ask if I'm drunk. I'm just broken.

Q9: I think about ending my life constantly. I've researched methods. I've written notes. The only thing stopping me is I'm too exhausted to follow through. But the thoughts are there every moment of every day.

Patient 056

Score: 0/27

Severity: None/Minimal

Q1: I'm actually doing really well. I feel content and positive most days.

Q2: Yes, definitely! I've been enjoying my garden, spending time with friends, and I just started a pottery class that I love.

Q3: I sleep soundly through the night. I wake up feeling refreshed and ready for the day.

Q4: My energy is great. I've been going to the gym regularly and still have plenty of energy for my daily activities.

Q5: My appetite is healthy and normal. I enjoy cooking and trying new recipes.

Q6: I feel confident and capable. I've been getting positive feedback at work and feel good about my relationships.

Q7: I can focus well on tasks. I recently finished reading two books and completed some challenging work projects.

Q8: My pace is normal and comfortable. I feel physically and mentally present in conversations.

Q9: Not at all. I value my life and look forward to the future.

Patient 057

Score: 6/27

Severity: Mild

Q1: I've noticed I feel a bit low maybe once or twice a week. It's not constant, just occasional dips in mood.

Q2: Most things still interest me. I enjoyed the concert I went to last week, though I wasn't as enthusiastic as my friends.

Q3: I've had maybe two or three nights where I had trouble sleeping, but most nights are fine.

Q4: I feel slightly less energetic than usual. I've been skipping my evening walks sometimes because I feel a bit tired.

Q5: I've been eating a little less at dinner, but I'm still eating regularly throughout the day.

Q6: I occasionally doubt myself, especially after making mistakes at work, but it passes.

Q7: Sometimes I catch myself daydreaming or losing track during conversations, but I can usually refocus.

Q8: I haven't noticed any changes in how I move or speak. Everything seems normal.

Q9: No, I haven't had any thoughts about harming myself. I'm not in that place at all.

Patient 058

Score: 16/27

Severity: Moderately Severe

Q1: More days than not, I feel sad or hopeless. I'd say it's been about half the days over the past two weeks, maybe more.

Q2: I used to love painting, but I haven't picked up a brush in weeks. When I try, it just feels meaningless. Other activities feel the same way—kind of empty.

Q3: My sleep is really disrupted. Some nights I can't fall asleep until 2 or 3 AM, other nights I wake up constantly. It's happening more than half the time now.

Q4: I'm tired most days. I drag myself through work and then collapse on the couch. I don't have energy for much else.

Q5: I've been either barely eating or overeating junk food. My relationship with food has become really unhealthy—it's either comfort or I forget entirely.

Q6: I keep replaying my failures in my mind. I feel like I've disappointed everyone—my spouse, my boss, myself. The negative thoughts are pretty constant.

Q7: I struggle to focus on anything complex. I've missed deadlines because I can't concentrate long enough to finish tasks. Even TV shows are hard to follow.

Q8: I've slowed down physically. My partner mentioned I seem 'different' and less responsive. I've noticed I talk less and move more slowly.

Q9: I've had fleeting thoughts that maybe people would be better without me, or wondering what the point of continuing is. Nothing concrete, but the thoughts are there several times a week.

Patient 059

Score: 12/27

Severity: Moderate

Q1: I feel down or depressed about half the days lately. Some days are okay, but others I just feel really low for no particular reason.

Q2: I still enjoy some things, but not as much. Like I'll watch a movie but I'm not really engaged. My hobbies feel more like obligations than pleasures now.

Q3: Sleep has been difficult more often than not. It takes me a while to fall asleep, and some nights I wake up in the middle and can't get back to sleep.

Q4: I'm definitely more fatigued than normal. I need coffee to get going and by midday I'm already feeling drained. Everything takes more effort.

Q5: My eating habits have changed—I'm either not hungry at all or I'm stress eating. It's been inconsistent.

Q6: I feel inadequate pretty regularly. Like I'm not measuring up to my own expectations or what others need from me. It weighs on me.

Q7: My concentration isn't great. I find myself rereading things or zoning out in meetings. It's affecting my work performance.

Q8: I think I move a bit slower than usual, but nothing dramatic. I've noticed I'm quieter in social situations.

Q9: I've had a couple of passing thoughts like 'what's the point?' but nothing serious. Just moments of feeling really low.

Patient 060

Score: 27/27

Severity: Severe

Q1: Every single day is unbearable. The sadness and hopelessness are so overwhelming I can barely breathe. It's been like this for weeks without any relief.

Q2: I feel completely dead inside. Nothing matters. My family, my work, hobbies I used to love—it's all meaningless. I'm just going through motions like a robot.

Q3: I don't sleep anymore. Maybe I get an hour here or there, but mostly I'm awake all night with racing thoughts or staring at the ceiling in darkness. It's been nearly every night.

Q4: I have no energy whatsoever. I can't get out of bed most days. Basic hygiene feels impossible. I've stopped going to work because I physically cannot function.

Q5: Food is repulsive. I've lost significant weight because I can't eat. When I try, I feel sick. I'm barely eating anything.

Q6: I loathe myself completely. I am a failure, a burden, worthless. Everyone in my life would be better off if I didn't exist. These thoughts dominate every waking moment.

Q7: I cannot think straight at all. My mind is either complete chaos or total emptiness. I can't make even simple decisions. I can't remember basic things. My brain has shut down.

Q8: I'm moving like I'm dying. Everything is in slow motion. I can barely speak—my words come out slow and slurred. People have stopped trying to talk to me.

Q9: I want to die. I think about it constantly—specific plans, methods, timing. I've written goodbye letters. I feel like I'm barely hanging on and I don't know how much longer I can keep myself safe.

Patient 061

Score: 0/27

Severity: None/Minimal

Q1: I'm enjoying my hobbies, things are pretty good.

Q2: I feel fine, no real complaints.

Q3: Sleeping well.

Q4: My energy has been high.

Q5: Eating normally.

Q6: I feel good about myself.

Q7: No problems concentrating.

Q8: Nope, I feel normal.

Q9: Not at all.

Patient 062

Score: 5/27

Severity: Mild

Q1: I'm a bit less interested in things, but I'll still do them if a friend asks.

Q2: I've felt a bit blue a few days this week.

Q3: It's taken me a little longer to fall asleep a couple of nights.

Q4: I'm more tired than usual, definitely dragging.

Q5: My appetite is fine.

Q6: No, not really.

Q7: I've found my mind wandering a bit during tasks.

Q8: No.

Q9: No.

Patient 063

Score: 8/27

Severity: Mild

Q1: I'm not really enjoying my hobbies, but I still go through the motions.

Q2: I've been feeling down for a few days, kind of 'meh'.

Q3: Sleep has been fine, no issues there.

Q4: I'm feeling a bit sluggish, like I'm dragging myself around.

Q5: I've been eating a bit more than usual, snacking a lot.

Q6: I feel a bit guilty for not getting more done.

Q7: It's been hard to focus on TV shows, I keep zoning out.

Q8: No.

Q9: No.

Patient 064

Score: 12/27

Severity: Moderate

Q1: I'm not interested in anything. I'm just forcing myself to go to work.

Q2: I feel down and a bit hopeless more than half the time.

Q3: I'm sleeping way too much, but I'm still tired.

Q4: I'm exhausted. Getting out of bed is hard.

Q5: My appetite is gone. I'm skipping meals.

Q6: I feel like I'm letting people down.

Q7: I can't concentrate. My mind is all fuzzy.

Q8: No, I don't think so.

Q9: No.

Patient 065

Score: 14/27

Severity: Moderate

Q1: I don't get pleasure out of anything, it's been like this for weeks.

Q2: I feel sad and empty most days.

Q3: I've been waking up in the middle of the night and can't get back to sleep.

Q4: I have no energy at all. It's a huge effort to do anything.

Q5: I'm not really eating. Nothing tastes good.

Q6: I feel like a failure.

Q7: I can't focus on anything for more than a minute.

Q8: My partner says I've been really fidgety and wringing my hands.

Q9: No.

Patient 066

Score: 19/27

Severity: Moderately Severe

Q1: I have no interest in anything. I just sit and stare.

Q2: I feel hopeless and depressed almost every day.

Q3: I'm barely sleeping, maybe two or three hours a night, most nights.

Q4: I can't get off the couch. I have no energy.

Q5: I haven't been eating. I've lost weight.

Q6: I feel like a burden on everyone.

Q7: I can't follow a simple conversation.

Q8: I feel like I'm moving in slow motion. It's noticeable.

Q9: I've thought that I'd be better off dead.

Patient 067

Score: 21/27

Severity: Severe

Q1: Nothing. I don't care about anything. It's like this every day.

Q2: I'm just numb. Or I'm crying. It's one or the other, every day.

Q3: I sleep all the time. It's the only escape.

Q4: I'm exhausted, even when I first wake up.

Q5: I'm eating junk food constantly. It's the only thing I'm doing.

Q6: I hate myself. I feel worthless all the time.

Q7: My brain is broken. I can't think straight.

Q8: I feel so slow and heavy, like I'm wading through water.

Q9: The thought has crossed my mind, but I wouldn't act on it.

Patient 068

Score: 26/27

Severity: Severe

Q1: I have zero interest in anything at all. Every day.

Q2: I am in a black hole. I feel completely hopeless and empty, all the time.

Q3: I don't sleep. I just lie awake all night, every single night.

Q4: I haven't been able to get out of bed for days.

Q5: I have to force myself to eat even a single bite.

Q6: I feel like I'm a worthless piece of trash.

Q7: I can't think. My mind is just static.

Q8: I feel like I'm moving through wet cement.

Q9: I think about it a lot. How I would do it.

Patient 069

Score: 0/27

Severity: None/Minimal

Q1: I'm busy with my hobbies, things are good.

Q2: I feel pretty happy, actually.

Q3: Sleep is fine, no problems.

Q4: Plenty of energy.

Q5: Appetite is normal.

Q6: I feel good.

Q7: No trouble concentrating.

Q8: No.

Q9: Not a single thought like that.

Patient 070

Score: 27/27

Severity: Severe

Q1: Nothing. I don't want to do anything. Ever.

Q2: I feel completely and utterly miserable, every single day.

Q3: I'm barely sleeping at all. It's torture.

Q4: I'm so exhausted I can barely speak.

Q5: I have zero appetite. I've lost a lot of weight.

Q6: It's all my fault. I'm a terrible person.

Q7: I can't even read. My brain won't work.

Q8: I feel like I'm underwater. Everything is slow.

Q9: I have a plan. I think about it all the time.

Patient 071

Score: 2/27

Severity: None / Minimal

Q1: I've been feeling mostly okay lately, no real issues with mood.

Q2: I don't have trouble enjoying things — I still find happiness in daily stuff.

Q3: I don't really feel down or hopeless these days.

Q4: My sleep has been normal — I get enough rest and feel fine.

Q5: My energy levels are good; I don't feel unusually tired.

Q6: Appetite is steady — I eat as usual.

Q7: I feel confident in myself and my worth.

Q8: I can focus well on whatever I'm doing.

Q9: I haven't had any thoughts of hurting myself.

Patient 072

Score: 6/27

Severity: Mild

Q1: I feel a bit low some days, but it passes quickly.

Q2: I still enjoy things, though not as much as I used to.

Q3: Occasionally, I feel down or sad without a clear reason.

Q4: I've had some restless nights recently, but mostly I sleep okay.

Q5: I get tired a little easier than before, but I manage.

Q6: My appetite is slightly off — sometimes I skip meals unintentionally.

Q7: I sometimes doubt myself or feel like I'm not doing enough.

Q8: I lose focus every now and then, but not too often.

Q9: I've never thought of hurting myself.

Patient 073

Score: 11/27

Severity: Moderate

Q1: Lately, I've been feeling down more often than not.

Q2: Things that used to excite me just don't anymore.

Q3: I feel sad and empty a few days each week.

Q4: My sleep is erratic — sometimes I stay up late worrying.

Q5: I often feel drained, even after sleeping well.

Q6: I don't feel hungry much, and I've lost a bit of weight.

Q7: I catch myself thinking I'm a failure or disappointing others.

Q8: It's hard to stay focused at work; my mind drifts easily.

Q9: I sometimes think life would be easier if I wasn't around, but I wouldn't act on it.

Patient 074

Score: 17/27

Severity: Moderately Severe

- Q1: I feel down almost every day lately; it's becoming hard to shake off.
Q2: Things that used to bring joy just feel flat or pointless now.
Q3: I often feel hopeless about the future.
Q4: My sleep is terrible — I either can't fall asleep or wake up too early.
Q5: I feel exhausted most of the time, even after resting.
Q6: My appetite has dropped; I barely eat unless I have to.
Q7: I keep blaming myself for small things — I feel worthless.
Q8: It's hard to focus on tasks or conversations; my mind feels foggy.
Q9: I sometimes wish I could disappear, though I haven't planned to hurt myself.

Patient 075

Score: 24/27

Severity: Severe

- Q1: Every day feels heavy, like there's no point in getting out of bed.
Q2: Nothing feels enjoyable anymore, not even the things I used to love.
Q3: I feel deeply hopeless, like things will never get better.
Q4: I hardly sleep — when I do, I wake up in the middle of the night feeling empty.
Q5: I'm completely drained; even small tasks feel impossible.
Q6: I have almost no appetite and have lost a noticeable amount of weight.
Q7: I constantly feel like I'm worthless and a burden to everyone.
Q8: I can't focus on anything; my mind just goes blank.
Q9: I've been having serious thoughts about ending my life.

Patient 076

Score: 8/27

Severity: Mild

- Q1: I've been feeling a little low on energy lately.
Q2: I still enjoy my hobbies, just not as much as before.
Q3: I get sad sometimes, but I can usually pull myself out of it.
Q4: My sleep isn't great — I wake up a couple of times at night.
Q5: I feel more tired than usual, especially in the afternoons.
Q6: I eat less when I'm stressed, but it's not a big issue.
Q7: I sometimes feel like I'm not doing enough with my life.
Q8: I have to reread things sometimes because my focus slips.
Q9: I've never had thoughts of harming myself.

Patient 077

Score: 13/27

Severity: Moderate

- Q1: I feel down more days than not.
Q2: I've lost interest in things like meeting friends or watching movies.
Q3: I often feel sad and discouraged about my life.
Q4: I either sleep too much or too little — never balanced.
Q5: My energy is low; getting through the day feels tiring.
Q6: My appetite changes a lot — some days I don't eat at all.
Q7: I feel like I'm failing at everything I do.
Q8: It's hard to concentrate even on simple tasks.
Q9: I sometimes think it would be better if I didn't wake up, but I don't plan anything.

Patient 078

Score: 18/27

Severity: Moderately Severe

- Q1: I feel sad and hopeless most of the time.
Q2: I can't enjoy anything — even things that used to relax me.
Q3: I feel empty and helpless almost every day.
Q4: I barely sleep — my mind keeps racing all night.
Q5: I'm always tired, no matter how much rest I get.
Q6: I have little appetite; food doesn't appeal to me.
Q7: I feel guilty and worthless all the time.
Q8: I can't focus on reading or conversations; everything blurs together.
Q9: I sometimes wish I could stop existing, though I haven't acted on it.

Patient 079

Score: 26/27

Severity: Severe

- Q1: I feel completely numb; nothing matters anymore.
Q2: I can't find joy in anything — it's like I'm just going through the motions.
Q3: Every day feels dark and hopeless.
Q4: I barely sleep, and when I do, I wake up crying.
Q5: I'm too tired to even shower or eat sometimes.
Q6: I've lost all interest in food; I've lost weight rapidly.
Q7: I feel like a total failure who doesn't deserve to be here.
Q8: I can't think straight or make any decisions.
Q9: I've thought seriously about ending my life several times.

Patient 080

Score: 1/27

Severity: None / Minimal

- Q1: I've been feeling quite well emotionally.
Q2: I still enjoy my usual routines and hobbies.
Q3: I rarely feel sad or hopeless.
Q4: My sleep is consistent and refreshing.
Q5: My energy levels are good throughout the day.
Q6: My appetite and eating habits are normal.
Q7: I generally feel good about myself and my abilities.
Q8: My concentration is sharp and steady.
Q9: I have not had any thoughts of self-harm.

Patient 081

Score: 11/27

Severity: Moderate

- Q1: I'd say most days I feel pretty down. It's not every single day, but it happens more often than not.
Q2: Yeah, I've noticed I don't really enjoy my hobbies anymore. I used to love painting, but now I just can't seem to get into it.
Q3: Sleep has been tough. Some nights I'm tossing and turning for hours, and other nights I wake up at 3 AM and can't fall back asleep.
Q4: I'm tired a lot. Even after a full night's sleep, I wake up feeling exhausted.
Q5: My appetite has decreased a bit. I'm eating, but food just doesn't appeal to me like it used to.
Q6: I do feel like I'm not doing enough sometimes. Like I should be accomplishing more, you know?
Q7: I can focus okay most of the time, but there are moments where I find myself zoning out during conversations or while reading.
Q8: I move at my normal pace. Haven't noticed anything different there.

Q9: No, I haven't had thoughts like that. Things are hard, but I'm not at that point.

Patient 082

Score: 0/27

Severity: None/Minimal

Q1: Honestly, I feel great most days. I really don't have any complaints about my mood.

Q2: I'm still enjoying everything I usually do—going out with friends, exercising, watching movies. All good.

Q3: Sleep is fine. I get my 7-8 hours and feel rested.

Q4: My energy levels are normal. I get through my day without feeling worn out.

Q5: Eating normally. I enjoy my meals and have a healthy appetite.

Q6: Not at all. I feel pretty good about myself and what I'm doing with my life.

Q7: Concentration is totally fine. I can focus on work, read books, have conversations without any issues.

Q8: No, I move around at a normal speed. Nothing unusual.

Q9: Absolutely not. I'm in a good place mentally.

Patient 083

Score: 25/27

Severity: Severe

Q1: I feel hopeless almost every single day. It's like there's this heavy weight on my chest that never goes away.

Q2: Nothing brings me joy anymore. I used to love spending time with my kids, but now even that feels like a chore I have to force myself through.

Q3: I barely sleep. Maybe 3-4 hours a night, and even that's broken up. I lie awake feeling awful about everything.

Q4: I have no energy at all. Getting out of bed feels impossible. I'm exhausted all the time, no matter what.

Q5: I've lost my appetite completely. I have to force myself to eat even a little bit, and I've lost weight because of it.

Q6: I feel like a complete failure. Like I've let everyone down and I'm worthless. These thoughts are with me constantly.

Q7: I can't concentrate on anything. Even simple things like watching TV or following a conversation are too difficult. My mind is just... blank.

Q8: I move so slowly now. Everything takes forever. Sometimes I also get really restless and pace around, which is exhausting.

Q9: Yes, I've been thinking that everyone would be better off without me. Sometimes I think about ways I could... I don't know. It scares me.

Patient 084

Score: 5/27

Severity: Mild

Q1: I have days where I feel a bit down, maybe once or twice a week, but it's not too bad.

Q2: I still enjoy most things. Maybe I'm not as enthusiastic as I used to be, but I'm not avoiding activities or anything.

Q3: Sleep is mostly okay. Every now and then I have trouble falling asleep, but it's not a regular thing.

Q4: My energy is pretty normal. I might feel a little tired some afternoons, but nothing major.

Q5: My appetite is fine. I eat regularly and enjoy food.

Q6: Sometimes I'm a little hard on myself, but doesn't everyone do that occasionally? It's not overwhelming.

Q7: Concentration is good. I can work, read, and stay engaged without problems.

Q8: No changes in how I move. Everything feels normal physically.

Q9: No, I've never had thoughts like that. I'm doing okay overall.

Patient 085

Score: 18/27

Severity: Moderately Severe

Q1: I feel sad or empty probably more than half the days in a given week. It's becoming my new normal.

Q2: I've really pulled back from things I used to love. I canceled my book club membership and stopped going to yoga. I just don't see the point anymore.

Q3: Sleep is a real problem. Either I can't fall asleep until 2 or 3 AM, or I wake up at dawn and can't get back to sleep. This happens most nights.

Q4: I'm tired constantly. I drag myself through the day and everything feels like it requires so much effort.

Q5: I'm either not hungry at all or I'm stress-eating junk food. My eating patterns are all over the place, more days than not.

Q6: I keep thinking about how I've messed things up—my career, my relationships. I feel like a disappointment pretty frequently.

Q7: Focusing is really difficult. I'll read the same paragraph five times and still not know what it says. This happens daily.

Q8: I've noticed I move more slowly. My family has even commented that I seem sluggish.

Q9: I've thought a couple times that it might be easier if I wasn't here, but I haven't seriously considered doing anything. The thoughts pop up occasionally.

Patient 086

Score: 3/27

Severity: None/Minimal

Q1: Maybe a few days a month I feel a little blue, but it passes pretty quickly.

Q2: I'm still enjoying my life—my job, my hobbies, spending time with people. Maybe there's a slight decrease in excitement, but it's minor.

Q3: Once in a while I have a restless night, maybe once a week or so, but generally I sleep fine.

Q4: My energy is decent. I have normal ups and downs, but nothing concerning.

Q5: I eat regularly and enjoy meals. No real changes there.

Q6: Very occasionally I might doubt myself, but it's rare and doesn't stick with me.

Q7: I can concentrate just fine on tasks, work, and conversations.

Q8: I move normally. No physical changes.

Q9: Never. I don't have thoughts like that at all.

Patient 087

Score: 14/27

Severity: Moderate

Q1: I feel down or depressed several days each week. It's definitely more than just having a bad day here and there.

Q2: Things I used to find fun now feel kind of flat. I still do them sometimes, but it's more out of obligation than genuine interest.

Q3: My sleep schedule is disrupted. I'd say about half the week I either can't sleep well or I sleep too much.

Q4: I feel fatigued more days than not. It's like my baseline energy level has just dropped.

Q5: My eating habits have changed—sometimes I skip meals because I'm not hungry, sometimes I overeat. It's inconsistent but noticeable.

Q6: I do have negative thoughts about myself pretty regularly. I question my worth and whether I'm good enough several times a week.

Q7: It's harder to focus than it used to be. I find myself getting distracted or having to reread things. This happens several days a week.

Q8: I haven't noticed major changes in my movements, though I might be a bit slower at times.

Q9: I wouldn't say I've had serious thoughts about harming myself, but I have wondered if things would be simpler if I wasn't around. It's fleeting though.

Patient 088

Score: 27/27

Severity: Severe

Q1: Every single day feels dark. I wake up feeling hopeless and go to bed feeling the same way. There's no break from it.

Q2: I feel absolutely nothing anymore. No pleasure, no interest in anything. I've stopped seeing friends, stopped my hobbies—everything feels pointless.

Q3: Sleep is terrible. I either can't sleep at all or I sleep 12+ hours and still feel awful. This is every night.

Q4: I have zero energy. Just taking a shower feels like climbing a mountain. I'm exhausted to my core every day.

Q5: Food is meaningless to me now. I've been skipping meals entirely because I can't bring myself to care. I've lost a significant amount of weight.

Q6: I hate myself. I think I'm worthless, a burden on everyone. These thoughts consume me all day, every day.

Q7: My mind feels like fog. I can't concentrate on anything at all. Even simple decisions are overwhelming. This is constant.

Q8: I move in slow motion. People have noticed and commented on it. Sometimes I also feel this intense restlessness where I need to move but have no energy.

Q9: Yes, I think about death daily. I've thought about specific ways to end things. It feels like the only way out of this pain.

Patient 089

Score: 9/27

Severity: Mild

Q1: I feel down maybe a couple of days a week. It's noticeable but not constant.

Q2: I still like doing things, but my enthusiasm has dipped a bit. I'm participating but not feeling as much joy from activities.

Q3: A few nights a week I have trouble either falling asleep or staying asleep. It's becoming a pattern.

Q4: I feel more tired than usual, several days a week. It's affecting my ability to get things done.

Q5: My appetite has decreased somewhat. I'm eating less than I used to, several times a week.

Q6: I have some negative thoughts about myself, maybe feeling inadequate or disappointed in myself a few days a week.

Q7: Concentration takes more effort than it used to. I notice myself getting distracted more often, several days a week.

Q8: No real changes in how fast or slow I move. That seems normal.

Q9: No, I haven't had those kinds of thoughts. I'm struggling but not in that way.

Patient 090

Score: 26/27

Severity: Severe

Q1: I feel deeply sad and hopeless nearly every day. It's overwhelming and relentless.

Q2: Nothing matters anymore. I've completely stopped doing things I used to care about. Even basic activities feel pointless and I do them nearly every day with no feeling.

Q3: I barely sleep—maybe a couple hours a night, broken up. Or I sleep way too much, like 14 hours, trying to escape. Either way, it's terrible almost every night.

Q4: I'm completely drained of energy. Nearly every day I can barely function. Even sitting upright feels exhausting.

Q5: I've almost completely stopped eating. Food makes me nauseous and I've lost a lot of weight. This is pretty much every day now.

Q6: I feel like a complete failure and a burden. These thoughts are with me nearly every day, telling me I'm worthless and everyone would be better without me.

Q7: I can't think straight at all. My mind is either racing with awful thoughts or completely blank. I can't focus on anything, nearly every day.

Q8: I move very slowly, like everything is in slow motion. People keep asking if I'm okay because of how I move. This is nearly every day.

Q9: I've been having serious thoughts about hurting myself. I've thought about how and when. These thoughts come up more than half the days.

Patient 091

Score: 11/27

Severity: Moderate

Q1: I'm trying to, but it's hard. Things I used to love just don't seem that interesting for more than half the time.

Q2: I've been feeling pretty low, yeah. It's been happening more than half the days, for sure.

Q3: My sleep is all over the place. I wake up in the middle of the night and can't get back to sleep. This has happened several days.

Q4: I'm dragging. It feels like I'm running on empty, and it's been like that more than half the time.

Q5: I'm just not hungry. I've been skipping lunch a lot.

Q6: I've felt pretty bad about myself. Like I'm not doing enough as a parent. It's been on my mind a few times.

Q7: I've been zoning out. I was trying to read a report for work and had to start over three times.

Q8: No, I don't think so.

Q9: No, never.

Patient 092

Score: 25/27

Severity: Severe

Q1: I'm just not interested in anything. At all. I just want to be left alone.

Q2: I feel awful. Just completely hopeless, every single day.

Q3: I haven't had a good night's sleep in weeks. I'm awake all night, almost every night.

Q4: I have zero energy. I can't even get off the couch. It's constant.

Q5: I have no appetite. I think I've lost weight. This has been happening every day.

Q6: I feel like I'm a failure. I've let everyone down. I can't stop thinking about it.

Q7: I can't concentrate on anything. My mind is just a fog. All the time.

Q8: My family says I'm moving really slow, like I'm walking through mud. And I talk really slowly too.

Q9: Yes. I've been thinking about it a lot. I've been thinking I'd be better off dead.

Patient 093

Score: 6/27

Severity: Mild

Q1: A little less than I used to. I've skipped my weekly meet-up a couple of times.

Q2: I've felt 'off' a few days. Just kind of blue, but not all the time.

Q3: I've had trouble falling asleep a few nights this week, just tossing and turning.

Q4: My energy has been a bit low. I've needed an extra coffee on several mornings to get going.

Q5: My appetite is fine, no changes.

Q6: No, I feel okay about myself.

Q7: My mind has wandered a bit during meetings, but it's not a major problem.

Q8: No, I don't think so.

Q9: No, nothing like that.

Patient 094

Score: 0/27

Severity: None/Minimal

Q1: Oh yeah, I'm doing great. Been busy with my gardening and loving it.

Q2: I feel really good. No issues.

Q3: I'm sleeping like a log. No problems at all.

Q4: My energy is high! I've been getting a lot done.

Q5: My appetite has been normal.

Q6: No, I feel good about where I'm at.

Q7: I've been very focused at work.

Q8: Nope. Feel totally normal.

Q9: Absolutely not.

Patient 095

Score: 18/27

Severity: Moderately Severe

Q1: I have no interest in anything. I'm forcing myself to go to work, but when I get home, I just stare at the wall. It's nearly every day.

Q2: I'm depressed all the time. I just feel so heavy and sad, more days than not.

Q3: I can't stay asleep. I wake up at 4 AM every single night, and my mind just races.

Q4: I am exhausted, every minute of every day. It's a struggle just to shower.

Q5: I've been overeating. A lot. Just eating junk food all night, almost every night.

Q6: I hate myself. I feel like I'm a burden on my family. I think about it constantly.

Q7: My focus is gone. I can't even follow the plot of a TV show.

Q8: No, I don't think I've been fidgety or slow.

Q9: I've been thinking... it would just be easier if I wasn't here. The thought has popped into my head a few times.

Patient 096

Score: 9/27

Severity: Mild

Q1: I've been feeling kind of 'meh' about things. I skipped my book club last week because I just couldn't be bothered.

Q2: I've been pretty down, yeah. It's been hanging over me for several days.

Q3: I've been sleeping a lot more than usual. I just want to stay in bed.

Q4: I've been so tired. Just dragging myself through the day.

Q5: My appetite has been a little low. I skipped a few meals.

Q6: No, I don't think so.

Q7: It's been hard to focus at work. My mind keeps drifting.

Q8: No, I don't think anyone would notice anything.

Q9: No.

Patient 097

Score: 10/27

Severity: Moderate

Q1: I'm trying, but I just don't get any joy out of my hobbies right now. It's been like this for a couple of weeks.

Q2: I feel very down. I cried for no reason a few times this week.

Q3: I'm sleeping okay, actually. That's the one thing that's fine.

Q4: I'm just so tired. It doesn't matter how much I sleep, I'm still exhausted more than half the time.

Q5: I'm eating more than usual. Just... bored and eating, I guess. It's happened a few times.

Q6: I feel so guilty. I snapped at my kids, and I feel like a terrible mom. It's been bothering me a lot.

Q7: I can't seem to make decisions. Even small things, like what to make for dinner... my brain just gets stuck.

Q8: No, I don't think so.

Q9: No, not at all.

Patient 098

Score: 26/27

Severity: Severe

Q1: Nothing is enjoyable. Nothing. I try to watch TV, and I just feel nothing. It's every single day.

Q2: I am just so, so hopeless. I feel empty. It's been every day for weeks.

Q3: I can't sleep. I get maybe two or three hours a night, and then I'm just wide awake, staring at the ceiling. Nearly every night.

Q4: I have no energy. I haven't gotten dressed in three days. I can't move.

Q5: I haven't eaten a real meal in I don't know how long. I've lost a lot of weight.

Q6: I am a worthless person. I'm a burden to everyone I know. I feel this way all the time.

Q7: My mind is just blank. I can't read, I can't follow a conversation. It's gone.

Q8: I can't stop moving. I've been pacing the house, wringing my hands... I feel like I'm crawling out of my skin.

Q9: Yes. I've been thinking about it. A lot. I have a plan. I just... I want it to end.

Patient 099

Score: 17/27

Severity: Moderately Severe

Q1: I'm pushing myself to do things, but I'm not enjoying them. It's been like this more than half the time.

Q2: I feel low, and I'm really irritable. I've been snapping at people. It's been happening a lot.

Q3: My sleep is terrible. I wake up every few hours. It's been happening nearly every night.

Q4: I'm exhausted. I feel like I'm walking through water. It's been this way for more than half the days.

Q5: I'm not eating much. I've lost my appetite, and it's been going on for over a week.

Q6: I feel like a failure. I got a bad review at work, and I just feel worthless. I've been thinking about it every day.

Q7: It's hard to focus when I feel this bad. I keep making silly mistakes at work.

Q8: No, I don't think so.

Q9: I've had the thought that I wish I could just go to sleep and not wake up. It's passed through my mind a few times.

Patient 100

Score: 2/27

Severity: None/Minimal

Q1: Yeah, I'm doing fine. I'm still enjoying my hobbies.

Q2: I've been a little stressed about a project, so maybe I was 'down' for a day, but that's it.

Q3: I'm sleeping fine.

Q4: My energy has been okay, maybe a little tired one or two days.

Q5: No, my appetite is normal.

Q6: No, I don't feel bad about myself.

Q7: My concentration is good.

Q8: No.

Q9: No, definitely not.

Patient 101

Score: 2/27

Severity: None/Minimal

- Q1: I still enjoy my usual hobbies and spending time with friends.
Q2: I've been feeling pretty normal lately, no major ups or downs.
Q3: My sleep's been okay—maybe a bit tired some mornings, but nothing unusual.
Q4: My energy is generally fine; I can get through the day without much trouble.
Q5: My appetite hasn't changed much.
Q6: I don't feel bad about myself or guilty for anything.
Q7: I can stay focused at work easily.
Q8: I don't move or talk slower than usual.
Q9: I haven't had any thoughts of hurting myself.

Patient 102

Score: 7/27

Severity: Mild

- Q1: I'm not as interested in things as I used to be, though I still push myself to do them.
Q2: I've been a bit down lately, but I can still find moments that make me smile.
Q3: My sleep has been slightly restless some nights.
Q4: I get tired more easily than before, even with small tasks.
Q5: I've noticed my appetite goes up and down depending on my mood.
Q6: Sometimes I'm a little hard on myself, like I could be doing better.
Q7: It's a bit harder to concentrate, especially when I'm feeling low.
Q8: I don't think people would notice much change in my energy or movement.
Q9: I haven't had any thoughts about wanting to harm myself.

Patient 103

Score: 13/27

Severity: Moderate

- Q1: The things that used to make me happy don't really bring me much joy anymore.
Q2: I've been feeling down most days, kind of empty and disconnected.
Q3: I have trouble sleeping through the night, often waking up early.
Q4: I feel drained almost every day, like I'm just going through the motions.
Q5: My appetite is smaller than it used to be—I often skip meals.
Q6: I keep thinking I'm letting people down or not good enough.
Q7: It's hard to stay focused on work or reading.
Q8: People have mentioned I seem quieter and slower lately.
Q9: I've had brief thoughts about life not being worth much, but I wouldn't act on them.

Patient 104

Score: 17/27

Severity: Moderately Severe

- Q1: I can't seem to find joy in anything, even things I used to love.
Q2: Most days, I feel heavy and hopeless, like it's hard to see a way out.
Q3: My sleep is all over the place—some nights I barely sleep, others I oversleep.
Q4: I'm exhausted most of the time, even if I don't do much.
Q5: I hardly feel hungry anymore; eating feels like a chore.
Q6: I feel like I've failed as a person and let everyone down.
Q7: My mind feels foggy—I can't stay focused for long.
Q8: My movements feel slower; I notice I sit still staring at nothing sometimes.
Q9: I sometimes think life wouldn't matter much if I wasn't here, though I haven't made plans.

Patient 105

Score: 24/27

Severity: Severe

- Q1: I can't remember the last time I felt any joy or interest in something.
Q2: Every day feels unbearable; I wake up wishing I hadn't.

Q3: My sleep is a mess—I either can't fall asleep or wake up crying at night.

Q4: I have no energy at all; even taking a shower feels exhausting.

Q5: I barely eat; food just doesn't matter anymore.

Q6: I constantly feel worthless, like a burden to everyone around me.

Q7: I can't think clearly or focus long enough to finish a simple task.

Q8: I move slowly, sometimes just sit or lie in bed all day.

Q9: I've had serious thoughts about ending my life, and it scares me how real they feel.

Patient 106

Score: 8/27

Severity: Mild

Q1: I still enjoy things, just not quite as much as I used to.

Q2: I've been feeling kind of low off and on lately.

Q3: My sleep is a bit disturbed—sometimes I stay up thinking too much.

Q4: I get tired easier than before.

Q5: My appetite's been normal for the most part.

Q6: I sometimes feel like I'm not doing enough in life.

Q7: It takes more effort to stay focused on things.

Q8: I move and talk normally, maybe just a bit slower on rough days.

Q9: I haven't had any thoughts about self-harm.

Patient 107

Score: 14/27

Severity: Moderate

Q1: I don't feel the same interest in activities or people as before.

Q2: I've been feeling sad or empty nearly every day lately.

Q3: I've been waking up early and can't get back to sleep.

Q4: I'm tired all the time, even after sleeping.

Q5: My appetite has decreased; I skip meals often.

Q6: I've been thinking a lot about how I've failed in life.

Q7: Concentrating on simple tasks has been difficult.

Q8: I've been moving slower and speaking less.

Q9: I've thought about death at times, but I don't want to die.

Patient 108

Score: 18/27

Severity: Moderately Severe

Q1: Nothing excites me anymore—I've stopped doing most hobbies.

Q2: I've been feeling hopeless nearly every day; it's like everything's grey.

Q3: My sleep is terrible, either too much or none at all.

Q4: I wake up exhausted, even after long hours in bed.

Q5: My appetite's gone; food doesn't taste right.

Q6: I feel like I'm a failure and everyone would be better off without me.

Q7: It's nearly impossible to stay focused on anything.

Q8: People have told me I seem distant and slow.

Q9: I've had thoughts about not wanting to live, though I haven't planned anything.

Patient 109

Score: 1/27

Severity: None/Minimal

Q1: I enjoy my routine and hobbies as usual.

Q2: I've been in a pretty good mood lately, nothing's really bothering me.

Q3: My sleep's fine—no major issues.

Q4: I have good energy throughout the day.

- Q5: I eat normally and have a healthy appetite.
 Q6: I don't have negative thoughts about myself.
 Q7: I can focus easily at work.
 Q8: No changes in my movement or activity.
 Q9: I haven't had any dark or self-harming thoughts.

Patient 110**Score: 25/27****Severity: Severe**

- Q1: I can't enjoy anything anymore—everything feels pointless.
 Q2: I've been deeply depressed; it feels like I'm drowning every single day.
 Q3: I hardly sleep; when I do, I wake up from nightmares.
 Q4: I have zero energy, and even getting out of bed feels impossible.
 Q5: I don't eat much anymore, sometimes nothing all day.
 Q6: I constantly feel guilty for existing, like I ruin everything.
 Q7: I can't focus long enough to read or follow a conversation.
 Q8: I move and speak very slowly; it's like I'm weighed down.
 Q9: I've had serious thoughts about ending my life and have even thought about how I might do it.

Patient 111**Score: 24/27****Severity: Severe**

- Q1: I've completely lost interest in everything I used to enjoy. I can't even make myself try anymore.
 Q2: Every single day feels hopeless. I wake up with this crushing darkness that never lifts.
 Q3: I'm sleeping 14+ hours a day just to escape. I don't want to be awake.
 Q4: I have zero energy. Even getting out of bed feels impossible most days.
 Q5: I've lost 15 pounds because I barely eat. Food has no appeal whatsoever.
 Q6: I'm a complete failure. Everyone would be better off without me. I hate myself.
 Q7: I can't concentrate on anything. My mind is just fog and darkness.
 Q8: I move so slowly that my family has noticed. Everything feels like I'm underwater.
 Q9: I've been thinking about ending my life almost every day. I have a plan.

Patient 112**Score: 1/27****Severity: None/Minimal**

- Q1: Honestly, I'm doing pretty well. I still enjoy my hobbies and spending time with friends.
 Q2: I feel good most days. Maybe occasionally a bit off, but nothing concerning.
 Q3: I sleep well, about 7-8 hours. No issues there.
 Q4: My energy levels are normal. I get through my day without problems.
 Q5: My appetite is fine. I eat regularly and enjoy my meals.
 Q6: I feel good about myself. I'm happy with who I am.
 Q7: I can focus just fine at work and when reading. No problems concentrating.
 Q8: I move at a normal pace. Nobody's ever mentioned anything about it.
 Q9: No, I've never had thoughts like that. I'm grateful for my life.

Patient 113**Score: 8/27****Severity: Mild**

- Q1: I've noticed I'm not as excited about things lately. Some days I enjoy my activities, other days not so much.
 Q2: I feel down maybe 3-4 days a week. It's not terrible, just kind of blah.
 Q3: I've had trouble falling asleep a few nights a week. I lie awake for about an hour.
 Q4: I'm more tired than usual, but I can still function and get things done.

- Q5: I've been snacking more than normal, especially at night when I'm feeling stressed.
Q6: Sometimes I'm hard on myself and feel like I'm not doing enough, but it passes.
Q7: I've been a bit distracted lately. I have to reread things sometimes.
Q8: I don't think I'm moving differently, but maybe I'm a bit slower getting ready in the morning.
Q9: No, I haven't had any thoughts about harming myself.

Patient 114

Score: 13/27

Severity: Moderate

Q1: I've lost interest in a lot of things. My favorite TV shows don't even hold my attention anymore.

Q2: I feel down most days of the week. It's like there's a gray cloud following me around.

Q3: I'm waking up at 3 AM almost every night and can't fall back asleep. I'm exhausted.

Q4: I'm tired all the time. I need to push myself hard just to get through work.

Q5: I've been eating a lot of junk food to cope. I've gained about 10 pounds in two months.

Q6: I feel pretty bad about myself. I keep thinking about all my mistakes and failures.

Q7: It's really hard to focus. I've been making mistakes at work because my mind wanders.

Q8: My spouse said I've been moving slower and talking more quietly than usual.

Q9: Sometimes I think people would be better off without me, but I wouldn't actually do anything.

Patient 115

Score: 17/27

Severity: Moderately Severe

Q1: Most things don't interest me anymore. I still do some activities but it feels like going through the motions.

Q2: I feel depressed more days than not. Maybe 5-6 days out of the week I feel pretty low.

Q3: I'm either sleeping way too much or barely sleeping. It's really inconsistent and exhausting.

Q4: I'm exhausted nearly every day. Simple tasks feel overwhelming.

Q5: I've barely been eating. I've lost weight but I don't even care.

Q6: I feel like I'm disappointing everyone. I'm letting my family down constantly.

Q7: My concentration is terrible. I can't finish a movie or read more than a page of a book.

Q8: I've been moving really slowly. My coworkers have asked if I'm okay because I seem lethargic.

Q9: I've had thoughts that I'd be better off dead a few times recently. It scares me.

Patient 116

Score: 0/27

Severity: None/Minimal

Q1: Yeah, I'm doing fine. I still look forward to things like seeing my kids and hiking.

Q2: I feel pretty content. Maybe one bad day here and there, but that's normal.

Q3: I sleep fine most nights. Occasionally I wake up early but fall back asleep easily.

Q4: My energy is good. I exercise regularly and feel strong.

Q5: I eat healthy and my appetite is normal. No issues.

Q6: I like who I am. I'm confident in my abilities.

Q7: I can concentrate well. I'm productive at work and engaged in conversations.

Q8: I move at a normal pace. I'm actually pretty active.

Q9: Never. I have a lot to live for and I'm optimistic about the future.

Patient 117

Score: 7/27

Severity: Mild

Q1: Some things still interest me, but less than before. I'll do things if someone pushes me.

Q2: I feel down several days a week, maybe 4 days. It's noticeable but manageable.

Q3: I've been having trouble sleeping, maybe 2-3 nights a week I'm up tossing and turning.

Q4: I'm definitely more tired than usual. I need coffee to get through the afternoon.

Q5: I'm eating less than normal. I've lost maybe 5 pounds without trying.

Q6: I'm critical of myself sometimes. I feel like I should be doing better.

Q7: I get distracted more easily than I used to. I have to really focus to get work done.

Q8: I don't think I'm moving differently, maybe slightly slower but nothing dramatic.

Q9: No, I haven't thought about hurting myself.

Patient 118

Score: 19/27

Severity: Moderately Severe

Q1: I've lost almost all interest in things. Even my grandkids visiting doesn't cheer me up like it used to.

Q2: I'm depressed almost every single day. Maybe 6 days a week minimum. It's constant.

Q3: I'm sleeping maybe 12 hours a day but still feel exhausted. Sleep is my only escape.

Q4: I have no energy at all. Getting dressed in the morning is a monumental task.

Q5: I'm not eating properly. I've lost significant weight. Nothing tastes good.

Q6: I'm worthless. I'm a burden to my family. I hate who I've become.

Q7: I can't concentrate on anything anymore. I just stare at the TV without really watching.

Q8: I'm moving so slow. My daughter mentioned I seem like I'm in slow motion.

Q9: I've thought maybe everyone would be better if I wasn't here anymore. Several times a week.

Patient 119

Score: 5/27

Severity: Mild

Q1: Things are okay. I still enjoy most of my activities, just occasionally feel less motivated.

Q2: I feel a bit down maybe once or twice a week, but it's brief and passes quickly.

Q3: My sleep is mostly fine. Maybe one night a week I have trouble, but that's it.

Q4: My energy is decent. I get through my day without major fatigue.

Q5: I'm eating normally. My appetite is fine, maybe slightly increased when stressed.

Q6: I'm generally okay with myself. Sometimes I wish I was better at certain things.

Q7: I can focus pretty well. Occasionally my mind wanders but nothing serious.

Q8: I'm moving at a normal speed. No one's commented on anything.

Q9: No, I've never had thoughts like that.

Patient 120

Score: 26/27

Severity: Severe

Q1: I don't enjoy anything anymore. Everything that used to make me happy feels empty and pointless.

Q2: Every day is dark. I feel hopeless and trapped. I can't see any light at the end of the tunnel.

Q3: I'm sleeping constantly, maybe 15 hours a day. I don't want to face being awake.

Q4: I'm completely drained. I can barely take care of basic needs. Everything is exhausting.

Q5: I'm not eating. I've lost over 20 pounds. I just don't care about food.

Q6: I'm disgusted with myself. I'm worthless and pathetic. I've ruined everything.

Q7: I can't think straight or focus on anything. My mind is complete fog.

Q8: I'm moving incredibly slowly. Even my speech is slower. People keep asking what's wrong.

Q9: I think about dying constantly. I've been planning how I would do it. Nearly every day.

Patient 121

Score: 0/27

Severity: None/Minimal

Q1: No, not really. I've been enjoying my hobbies and catching up with friends. I feel pretty good.

Q2: No, I've actually been in a good mood lately. Things are going well.

Q3: I've been sleeping fine. Maybe one night I was up late, but that was it.

Q4: Not more than usual. I get tired by Friday, but that's just a long work week.

Q5: My appetite's been totally normal.

Q6: No, I feel good about myself right now. I'm proud of what I've been handling.

Q7: No, I've been really focused at work. It's been fine.

Q8: No, I haven't noticed anything like that at all.

Q9: Oh, no. Absolutely not. Never.

Patient 122

Score: 6/27

Severity: Mild

Q1: A little bit. I've been skipping my workouts a few days, just haven't felt like going.

Q2: I've felt 'blah' a couple of days. Just in a bit of a funk, but it passes.

Q3: My sleep has been fine, no issues there.

Q4: I've definitely been dragging more than usual. It feels like I'm not getting enough good sleep.

Q5: I've been snacking a lot more, especially at night. Not really hungry, just... eating.

Q6: No, I wouldn't say that.

Q7: My mind has wandered a few times at work, but I can usually get back on track.

Q8: No, nothing like that.

Q9: No, definitely not.

Patient 123

Score: 12/27

Severity: Moderate

Q1: I still do things, but it feels like I'm just going through the motions a lot of the time.

Q2: I've felt down, yeah. It's been happening pretty often, more than half the time I'd say.

Q3: I'm having a really hard time falling asleep. I just lie there with my mind racing.

Q4: I'm exhausted. Even when I do sleep, I wake up feeling drained.

Q5: I'm just not hungry. I've been skipping lunch most days.

Q6: I've felt pretty down on myself, like I'm not keeping up with anything.

Q7: It's been hard to focus. I'll be reading an email and have to start over three times.

Q8: No, I don't think so.

Q9: No. I'm not in that place.

Patient 124

Score: 25/27

Severity: Severe

Q1: I have zero interest in anything. I'm having to force myself to even watch TV. Nothing seems fun.

Q2: Yes, pretty much every day. I just feel so hopeless, like this is never going to end.

Q3: It's awful. I wake up around 3 AM every single night and I can't get back to sleep. It's torture.

Q4: I'm completely exhausted, all the time. I have no energy to do anything.

Q5: I have no appetite. I've lost weight because I just can't bring myself to eat.

Q6: I feel like a total failure. I'm a burden on my family and I can't do anything right.

Q7: I can't concentrate on anything. My mind is a complete fog. I can't even follow a conversation.

Q8: My partner says I've been pacing the house constantly, that I can't sit still.

Q9: I've been thinking about it a lot. I just feel like everyone would be better off without me.

Patient 125

Score: 6/27

Severity: Mild

Q1: No, not really. I still enjoy my walks and talking with my sister.

Q2: I've had a couple of down days, but it hasn't been persistent.

Q3: I've been sleeping way too much. I'll sleep 10 hours and still want to nap. It's happening a lot.

Q4: Even with all that sleep, I feel sluggish and worn out.

Q5: My appetite is fine.

Q6: No, I don't feel that way.

Q7: I've been a bit distractible, but it's not a major problem.

Q8: No.

Q9: Absolutely not.

Patient 126

Score: 20/27

Severity: Severe

Q1: I don't want to do anything. I've canceled plans with friends. I just stay home. It's been like this almost every day.

Q2: I feel depressed and empty pretty much constantly.

Q3: I'm sleeping all the time. I just want to stay in bed. It's an escape.

Q4: I have no energy at all. Getting up to shower feels like a marathon.

Q5: I'm eating everything in sight. It's the only thing that gives me any comfort.

Q6: I feel disgusted with myself. I feel lazy and worthless for being like this.

Q7: I can't make decisions. Even deciding what to eat is overwhelming. My brain feels broken.

Q8: My family says I seem slowed down, that I'm not as 'bubbly' as I used to be.

Q9: The thought has crossed my mind... like maybe it would be better if I wasn't here. It scared me.

Patient 127

Score: 11/27

Severity: Moderate

Q1: I'm definitely not enjoying things as much. I'm just forcing myself to do the basics.

Q2: I've been crying a lot. It feels like this dark cloud is following me around most days.

Q3: My sleep is broken. I wake up several times a night and then I'm tired all day.

Q4: I'm so, so tired. More than half the days, for sure.

Q5: I've been picking at my food. Nothing tastes good.

Q6: I feel guilty. I feel like I'm letting my team down at work because I'm not 100%.

Q7: It's been hard to focus in meetings. My mind just checks out.

Q8: No, not that I've noticed.

Q9: No. I get sad, but not like that.

Patient 128

Score: 23/27

Severity: Severe

Q1: Almost every day. I just don't care about things I used to love, like gardening or seeing my grandkids.

Q2: I feel hopeless. I'm constantly down. It's been this way for weeks.

Q3: I can't sleep. I just lie awake for hours, most nights.

Q4: I am drained. I have no energy for anything. It's a struggle just to get dressed.

Q5: My appetite is gone. I've lost weight. My kids are worried.

Q6: I feel like a complete failure. I'm just a shell of who I used to be.

Q7: I can't even read the newspaper. The words just blur together. My mind is gone.

Q8: Yes, my daughter says I've been talking very slowly and that I just sit and stare for hours.

Q9: No. I would never do that.

Patient 129

Score: 10/27

Severity: Moderate

Q1: Things just don't seem as fun. I'm doing them, but the joy is gone.

Q2: I've been feeling pretty low most of the time. Just sad.

Q3: I've had trouble staying asleep. I keep waking up a few times a night.

Q4: I'm dragging. It's been hard to get motivated because I'm so tired.

Q5: No change, my appetite is fine.

Q6: I feel bad that I haven't had the energy to call my friends back. I feel like a bad friend.

Q7: It's been hard to focus, yeah. My mind drifts.

Q8: I've been really fidgety. I can't stop tapping my foot.

Q9: No, nothing like that.

Patient 130

Score: 18/27

Severity: Moderately Severe

Q1: I've lost interest in almost everything. I just lie on the couch. I can't be bothered.

Q2: I feel very down, almost every day. It's a heavy, grey feeling.

Q3: I'm having nightmares and waking up constantly. It's not every night, but it's more than half.

Q4: I'm exhausted. It doesn't matter how much I rest, I'm always tired.

Q5: I'm not eating much. I've skipped a lot of meals.

Q6: I feel awful about myself. I've let so many things go, I feel useless.

Q7: I can't focus on anything. I tried to pay bills and I just couldn't do it.

Q8: No, I don't think so.

Q9: I've had a few thoughts that I'd be better off dead, but I wouldn't do anything.

Patient 131

Score: 2/27

Severity: None/Minimal

Q1: I haven't lost interest in things I like; I still look forward to my morning jogs and family time.

Q2: Honestly, I've been feeling fine lately — my mood's been stable and I enjoy my usual activities.

Q3: No issues with sleep — I fall asleep easily and wake up rested.

Q4: My energy levels are steady; I don't feel down or hopeless.

Q5: My appetite's normal; I eat regularly without any changes.

Q6: I feel confident in myself, no negative thoughts about being a failure.

Q7: I can focus well at work; my attention hasn't been a problem.

Q8: I haven't been restless or slowed down; I feel my normal self physically.

Q9: I've had no thoughts about hurting myself — life feels good overall.

Patient 132

Score: 6/27

Severity: Mild

Q1: Some days, I don't feel like hanging out with friends, even though I still do sometimes.

Q2: I've been feeling a bit off lately — not exactly sad, but less cheerful than usual.

Q3: My sleep has been okay, though I wake up earlier than I'd like once or twice a week.

Q4: My energy dips in the afternoons, but I still manage to get things done.

Q5: My appetite's mostly fine, though food doesn't excite me much lately.

Q6: I occasionally feel like I'm not accomplishing enough, even when I am.

Q7: Concentration takes more effort — I get distracted by my thoughts now and then.

Q8: I've been a little restless, tapping my foot or pacing when thinking too much.

Q9: I haven't had any thoughts of self-harm — just mild frustration at times.

Patient 133

Score: 8/27

Severity: Mild

Q1: Things I used to enjoy don't feel quite as fun lately, though I still try.

Q2: I feel okay most days, but sometimes I get this lingering sense of emptiness.

Q3: I fall asleep fine, but I often wake up feeling tired.

Q4: My energy is lower than usual; I have to push myself to get started in the mornings.

Q5: My appetite is slightly reduced — I skip meals here and there.

Q6: I sometimes feel like I'm not living up to expectations, even if it's minor stuff.

Q7: My focus at work drifts, especially during long meetings.

Q8: I fidget more often, but nothing extreme.

Q9: I've never thought of hurting myself — it's not that bad.

Patient 134

Score: 12/27

Severity: Moderate

Q1: I've stopped finding joy in hobbies like reading and music, which used to relax me.

Q2: Lately, I've been feeling down several days a week — not crying all the time, but low.

Q3: I can't sleep through the night; I wake up at 3 or 4 a.m. and can't fall back asleep.

Q4: I'm tired most of the time; even small tasks feel draining.

Q5: My appetite is inconsistent — sometimes I eat nothing, other times I snack mindlessly.

Q6: I've been thinking that I'm not good enough at work or for my family.

Q7: It's harder to stay focused on simple tasks; I reread emails repeatedly.

Q8: I feel slowed down some days, like I'm moving through fog.

Q9: I haven't seriously thought about hurting myself, though the thought of 'not waking up' has crossed my mind.

Patient 135

Score: 13/27

Severity: Moderate

Q1: I don't enjoy my favorite TV shows or cooking anymore; it feels like going through motions.

Q2: I've been feeling sad most days — not always in tears, but the sadness just lingers.

Q3: My sleep is off — I toss and turn for hours.

Q4: I'm constantly tired, even after a full night's rest.

Q5: My appetite has dropped; food doesn't taste good lately.

Q6: I keep blaming myself for small mistakes at work or home.

Q7: My concentration's definitely worse; I lose track of what I'm doing often.

Q8: I move slower than usual; sometimes I just stare at the wall without realizing it.

Q9: I've had fleeting thoughts that life might be easier if I weren't around, but I wouldn't act on them.

Patient 136

Score: 17/27

Severity: Moderately Severe

Q1: Nothing feels enjoyable anymore — everything feels pointless.

Q2: I wake up feeling empty almost every day, and it doesn't seem to lift.

Q3: I can barely sleep; I lie awake for hours thinking about everything wrong in my life.

Q4: I'm exhausted all the time, even just getting out of bed feels like a chore.

Q5: My appetite is gone — I have to force myself to eat something small.

Q6: I constantly feel like I'm letting people down, like I'm a burden.

Q7: I can't focus on anything — I forget what I was doing mid-task.

Q8: I feel slow, like my body's heavy and my movements take effort.

Q9: I've had thoughts that maybe people would be better off without me, though I haven't made any plans.

Patient 137

Score: 18/27

Severity: Moderately Severe

Q1: I've stopped going out with friends and lost interest in almost everything.

Q2: I feel deeply sad most of the day — it's hard to shake off.

Q3: My sleep is terrible — either I sleep too much or not at all.

Q4: I'm exhausted every day, even when I do nothing.

Q5: My appetite swings — I either overeat or forget to eat.

Q6: I feel worthless and guilty about things that aren't even my fault.

Q7: Concentrating is nearly impossible; I reread things and still don't absorb them.

Q8: I feel slowed down, like I'm moving through molasses.

Q9: I sometimes think about not being here, but I'm scared of what that would mean.

Patient 138

Score: 24/27

Severity: Severe

Q1: I have no interest in anything; I can't even bring myself to shower or eat.

Q2: Every single day feels unbearable — I wake up wishing I hadn't.

Q3: I barely sleep; when I do, I have nightmares and wake up crying.

Q4: I have no energy to do even basic things like brushing my teeth.

Q5: I've lost so much weight because I just don't feel like eating.

Q6: I hate myself — I feel like I've failed everyone in my life.

Q7: I can't focus on anything; my mind feels foggy all the time.

Q8: I either sit motionless for hours or pace around without realizing it.

Q9: I often think about ending my life — it feels like the only way to stop the pain, though I haven't acted on it.

Patient 139

Score: 26/27

Severity: Severe

Q1: I've stopped caring about everything I used to love — nothing matters.

Q2: I feel completely hopeless; I can't see any point in doing anything anymore.

Q3: I barely sleep; I'm awake most nights staring at the ceiling.

Q4: My energy is completely gone — even walking feels like too much effort.

Q5: I've lost my appetite entirely; I have to remind myself to drink water.

Q6: I constantly think I'm worthless and that my life has no purpose.

Q7: I can't concentrate at all — reading or watching something feels impossible.

Q8: I feel like I'm just existing, not living; my body feels heavy and numb.

Q9: I've thought a lot about ending my life, and sometimes I plan how I might do it.

Patient 140

Score: 1/27

Severity: None/Minimal

Q1: I still enjoy my hobbies and spending time with friends.

Q2: My mood's been pretty steady; I haven't felt sad or down recently.

Q3: My sleep pattern is regular; I get enough rest.

Q4: My energy levels are good; I feel productive.

Q5: My appetite is stable and normal.

Q6: I feel confident about myself and my work.

Q7: I can concentrate easily on tasks.

Q8: I don't feel restless or slowed down.

Q9: I've never had any thoughts about harming myself.

Patient 141

Score: 24/27

Severity: Severe

Q1: Honestly, nothing brings me joy anymore. I used to love reading and going for walks, but now I couldn't care less about any of it.

Q2: I feel down pretty much every single day. It's like this heavy cloud that just won't lift no matter what I do.

Q3: Sleep is a nightmare. I either can't fall asleep until 3 or 4 AM, or I wake up after a few hours and just lie there. It's exhausting.

Q4: I'm tired all the time. Even getting out of bed feels like climbing a mountain. I have zero energy for anything.

Q5: I've lost my appetite completely. Food just doesn't appeal to me. I've probably lost about 10 pounds in the last month because I just forget to eat.

Q6: I feel like such a failure. I constantly think about how I've let everyone down—my family, my friends, myself. I'm worthless.

Q7: I can't concentrate on anything. I'll read the same paragraph five times and still have no idea what it says. Work has become nearly impossible.

Q8: I move like I'm in slow motion. Everything takes so much effort. People have actually commented that I seem really slowed down.

Q9: I've thought about it, yeah. Sometimes I think everyone would be better off without me. I haven't made any plans, but the thoughts are there more days than not.

Patient 142

Score: 7/27

Severity: Mild

Q1: Most things still interest me. I still enjoy my hobbies, though maybe not quite as much as I used to.

Q2: I'd say I feel a bit low maybe once or twice a week. Nothing too serious, just kind of blah.

Q3: Sleep's been okay. Maybe a little trouble falling asleep here and there, but nothing major.

Q4: I feel a bit more tired than usual, but I'm still getting through my day without too much trouble.

Q5: My appetite is pretty normal. Maybe I'm eating slightly less, but I wouldn't say it's a big problem.

Q6: Sometimes I'm a little hard on myself, but doesn't everyone do that? It's not constant or anything.

Q7: My concentration is fine for the most part. Occasionally I zone out, but I can focus when I need to.

Q8: I don't think I'm moving any differently. I feel pretty normal in that regard.

Q9: No, I've never had thoughts like that. I'm okay, really.

Patient 143

Score: 18/27

Severity: Moderately Severe

Q1: A lot of things don't interest me like they used to. I still do some activities, but it feels more like going through the motions.

Q2: I feel down most days, I'd say. It's gotten to where I expect to feel this way when I wake up.

Q3: Sleep is definitely an issue. I either sleep way too much—like 12 hours—or I can't sleep at all. It varies.

Q4: I'm tired a lot. More than half the week I feel drained, and I need to push myself to get things done.

Q5: I'm either not hungry at all or I'm stress eating. My eating habits are all over the place, and I've noticed my weight changing.

Q6: I feel pretty bad about myself frequently. I keep thinking about my mistakes and how I'm not good enough. It's hard to shake those thoughts.

Q7: Focusing has become really difficult. I miss details at work and I can't concentrate on conversations like I used to. It's affecting my performance.

Q8: I've noticed I'm either moving really slowly or I'm restless and fidgety. My partner mentioned I seem agitated lately.

Q9: I've had some dark thoughts, yeah. Nothing specific, but I've wondered if things would be easier if I wasn't here. It scares me a little.

Patient 144

Score: 2/27

Severity: None/Minimal

Q1: I'm still enjoying everything I normally do—spending time with friends, my hobbies, work projects. All good there.

Q2: I feel pretty good most of the time. Maybe one day in the past two weeks I felt a little off, but it passed quickly.

Q3: I sleep well. No problems falling asleep or staying asleep.

Q4: My energy level is normal. I feel rested and ready to take on the day.

Q5: My appetite is completely normal. I'm eating regularly and enjoying my meals.

Q6: I feel good about myself. Sure, I make mistakes sometimes, but I don't dwell on them.

Q7: My concentration is fine. I'm productive at work and I can focus on tasks without any issues.

Q8: I'm moving around normally. No changes there that I've noticed.

Q9: No, absolutely not. I've never had thoughts like that.

Patient 145

Score: 13/27

Severity: Moderate

Q1: Some things don't interest me as much anymore. I still do them, but the enjoyment isn't really there like it used to be.

Q2: I've been feeling down several days a week lately. It's noticeable, but I'm still functioning.

Q3: I have trouble sleeping maybe half the week. Either I can't fall asleep or I wake up too early.

Q4: I'm tired more often than not. I'd say at least half the days in the past two weeks I've felt low on energy.

Q5: My eating has changed a bit. Sometimes I'm not hungry, other times I overeat. It's inconsistent.

Q6: I'm harder on myself than I should be. Several days a week I feel like I'm not doing enough or I'm somehow failing.

Q7: Concentrating is harder than it used to be. I find myself re-reading things or losing track of what people are saying.

Q8: I don't think I'm moving differently, but sometimes I feel a bit restless or slowed down. It's subtle.

Q9: I haven't had serious thoughts about hurting myself, but occasionally I wonder if people would miss me. Nothing beyond that.

Patient 146

Score: 27/27

Severity: Severe

Q1: I have absolutely no interest in anything. Things I used to love—music, seeing friends, everything—it all feels meaningless now.

Q2: Every single day I feel depressed. There's not a day that goes by where I don't feel this weight on me.

Q3: Sleep is terrible. I'm awake most of the night, and when I do sleep, I have nightmares. I maybe get 3-4 hours on a good night.

Q4: I have no energy whatsoever. I can barely take care of basic things like showering. Everything feels impossible.

Q5: I'm barely eating. Maybe a few bites a day. I've lost a lot of weight because I just can't bring myself to eat.

Q6: I hate myself. I feel like a complete burden to everyone around me. I constantly think about what a failure I am.

Q7: I can't think straight at all. My mind is foggy all the time. I can't make decisions or process information.

Q8: I move so slowly that it's obvious to everyone. People keep asking if I'm okay because I look like I'm barely functioning.

Q9: I think about ending my life almost every day. I've researched methods. I feel like it's the only way out of this pain.

Patient 147

Score: 6/27

Severity: Mild

Q1: I'm still interested in most things. Maybe slightly less enthusiastic about a few activities, but nothing major.

Q2: I've felt down a few days over the past couple weeks. Not constantly, but it's there sometimes.

Q3: I've had a couple nights where I didn't sleep great, but overall it's been okay.

Q4: I've felt a bit tired here and there, but nothing that stops me from doing what I need to do.

Q5: My eating is basically the same. Maybe slightly less appetite on occasion, but pretty normal overall.

Q6: Once in a while I feel like I could've done better at something, but it doesn't really bother me much.

Q7: My focus is pretty good. Maybe one or two times I've had trouble concentrating, but it's rare.

Q8: I haven't noticed any changes in how I move or act. Everything seems normal.

Q9: No, I haven't had any thoughts like that at all.

Patient 148

Score: 16/27

Severity: Moderately Severe

Q1: I've lost interest in quite a few things. I still do some activities but it feels forced, like I'm just checking boxes.

Q2: I feel down more days than not, probably at least half the days in the past two weeks.

Q3: Sleep has been problematic. I'd say more than half the nights I either can't fall asleep or I sleep too much.

Q4: I'm tired most days. It takes real effort to get through my daily routine.

Q5: My eating patterns are definitely off. Some days I don't eat much at all, other days I eat too much. My weight has fluctuated.

Q6: I feel like I'm not good enough pretty often. More than half the week I'm beating myself up over things.

Q7: My concentration is suffering. I make mistakes at work that I wouldn't normally make, and I have to re-do things a lot.

Q8: I've noticed I'm either really sluggish or kind of anxious and fidgety. It changes, but something's definitely off.

Q9: I've had passing thoughts that maybe things would be better if I wasn't around, but nothing concrete. It worries me though.

Patient 149

Score: 14/27

Severity: Moderate

Q1: Some activities don't appeal to me like they used to. I still engage with friends and hobbies, but the spark isn't quite there.

Q2: I've been feeling low several days a week. It comes and goes, but it's definitely affecting me.

Q3: I have sleep issues several nights a week. Sometimes I can't fall asleep, sometimes I wake up early and can't get back to sleep.

Q4: I'm tired more often than not—probably more than half the days. I need coffee to get through the afternoon.

Q5: I've been eating less. My appetite has decreased noticeably, though I still eat meals. I've lost a few pounds.

Q6: I'm pretty critical of myself. Several times a week I think about my shortcomings and feel like I'm disappointing people.

Q7: Focusing is harder. I zone out in meetings and I've had to ask people to repeat things. It's frustrating.

Q8: I feel like I'm moving a bit slower than usual. Not dramatically, but I've noticed it takes me longer to do things.

Q9: I've had fleeting thoughts about not wanting to be here, but they pass quickly. Nothing I've seriously considered.

Patient 150

Score: 3/27

Severity: None/Minimal

Q1: I'm still interested in pretty much everything. My hobbies, my work, spending time with family—it all still feels good.

Q2: I feel okay most of the time. Maybe one or two days in the past couple weeks I felt a bit down, but nothing significant.

Q3: Sleep has been fine. I fall asleep easily and sleep through the night most nights.

Q4: My energy is good. I feel alert and ready to tackle my day.

Q5: I'm eating normally. My appetite hasn't changed at all.

Q6: I feel pretty confident about myself. Sure, I'm not perfect, but I don't dwell on my flaws.

Q7: I can concentrate just fine. No issues with focus or attention.

Q8: I'm moving around normally. No changes in my physical activity or speed.

Q9: No, I've never had thoughts about harming myself. I'm in a good place mentally.

Patient 151

Score: 0/27

Severity: None/Minimal

Q1: No, I'm still enjoying my hobbies, maybe even more than usual.

Q2: I've been feeling great. Really positive.

Q3: Sleeping like a log. No issues at all.

Q4: I've had plenty of energy. Been very productive.

Q5: My appetite is normal.

Q6: No, I feel really good about myself.

Q7: My focus has been sharp.

Q8: No, I feel calm and normal.

Q9: Not at all. Never.

Patient 152

Score: 6/27

Severity: Mild

Q1: I'm not as into my hobbies as I was. I still do them, but it's not as exciting.

Q2: I've been a bit 'meh' a couple of days. Just feeling a little low.

Q3: It's taken me longer to fall asleep a few nights this past week.

Q4: I'm a little more tired than usual. Needing more coffee.

Q5: I think I've been eating a bit more than usual.

Q6: No, not really. I don't feel bad about myself.

Q7: I've found my mind drifting a bit during work.

Q8: No.

Q9: Absolutely not.

Patient 153

Score: 13/27

Severity: Moderate

- Q1: I really have to push myself to do anything. Nothing sounds fun.
Q2: I feel sad most of the day. It's been like this for over a week.
Q3: I'm waking up in the middle of the night and my mind just races. It's happening most nights.
Q4: I am dragging myself through the day. I have no energy at all.
Q5: I'm not hungry. I've skipped dinner a few times because I just don't care about food.
Q6: I feel like I'm letting my team down at work. I'm just not on my game.
Q7: I can't concentrate. I'll read a page and have no idea what it said.
Q8: No, I don't think so.
Q9: No. I wouldn't do that.

Patient 154

Score: 18/27

Severity: Moderately Severe

- Q1: I don't care about anything anymore. I've stopped returning calls.
Q2: I'm depressed almost every day. It's this heavy, grey feeling.
Q3: My sleep is all over the place. I can't sleep, or I sleep for 12 hours and still feel awful.
Q4: I'm completely exhausted. It feels like I'm moving through wet cement.
Q5: I'm eating everything in sight. It's the only thing I look forward to.
Q6: I feel like a total failure. I'm so angry at myself all the time.
Q7: My brain is foggy. I can't even decide what to watch on TV.
Q8: My partner says I've been snapping at them and fidgeting constantly.
Q9: I've had some thoughts that it would be better if I wasn't here. It's scary.

Patient 155

Score: 27/27

Severity: Severe

- Q1: There is no pleasure in anything. Zero. I just sit and stare.
Q2: I am in despair. It's a constant, crushing feeling, every single day.
Q3: I don't sleep. I just lie awake all night, every single night. It's torture.
Q4: I have no energy. I can't get out of bed. I haven't showered in days.
Q5: I have zero appetite. I've lost weight without trying. Food tastes like ash.
Q6: I'm a burden on everyone. I hate myself. I'm completely worthless.
Q7: I can't think. My mind is just... blank. I can't make a single decision.
Q8: I'm so slow. It takes me an hour to get dressed. It's like my body is shutting down.
Q9: I think about killing myself all the time. I've been planning how I would do it.

Patient 156

Score: 1/27

Severity: None/Minimal

- Q1: Oh yeah, things are good. I'm enjoying my work and my hobbies.
Q2: I've been in a good mood. A little stressed, but not 'down'.
Q3: I had one bad night of sleep, but otherwise, I'm sleeping well.
Q4: My energy has been fine.
Q5: Appetite is normal.
Q6: No, I feel fine.
Q7: No problems concentrating.
Q8: No.
Q9: No, not at all.

Patient 157

Score: 7/27

Severity: Mild

Q1: I guess I'm less interested. I've been skipping my weekly calls with friends.
Q2: I've been feeling down. Not all the time, but a few days a week.
Q3: My sleep is a bit off. I've had trouble falling asleep.
Q4: I'm tired. I feel like I'm running on empty a lot.
Q5: My appetite is fine. No changes.
Q6: I feel bad about ignoring my friends. A little guilty.
Q7: I've been zoning out in meetings.
Q8: No, I don't think so.
Q9: No.

Patient 158

Score: 14/27

Severity: Moderate

Q1: I'm really not enjoying things. I'm just going through the motions every day.
Q2: I feel sad and empty most of the time. It's been like this for weeks.
Q3: I'm sleeping way too much. I can sleep 10-12 hours and still feel tired.
Q4: I'm so lethargic. Just doing laundry feels like a huge task.
Q5: I'm not eating much. I'll just have coffee for breakfast and skip lunch.
Q6: I feel guilty that I'm not doing more. I'm just lazy.
Q7: It's hard to focus. My mind feels cloudy.
Q8: No, I don't think so.
Q9: No. Never.

Patient 159

Score: 22/27

Severity: Severe

Q1: I've stopped doing everything I used to love. I just don't have the will.
Q2: I feel depressed every single day. It's a deep, heavy sadness.
Q3: I wake up at 4 a.m. every morning and just lie there, feeling anxious.
Q4: I'm exhausted. I have zero energy. It's a chore to even talk.
Q5: I'm overeating. It's like I'm trying to fill a hole. I've gained 10 pounds.
Q6: I feel worthless. I'm a terrible parent and spouse.
Q7: I can't concentrate on anything. My mind is just static.
Q8: I've been moving so slowly. My husband asked me if I was feeling okay because I'm just... slow.
Q9: I've had thoughts that I'd be better off dead. They've been popping into my head a lot.

Patient 160

Score: 19/27

Severity: Moderately Severe

Q1: I've lost all interest. I sit at home and don't want to see or talk to anyone.
Q2: I feel hopeless. Like this is never going to end. It's been every day.
Q3: I'm sleeping all the time, but I'm never rested. It's my only escape.
Q4: I am exhausted. I can barely get off the couch.
Q5: My appetite is gone. I'm just not hungry, ever.
Q6: I feel so guilty. I'm not a good friend. I'm not a good employee. I'm failing.
Q7: I can't focus. I had to ask someone to repeat their name three times.
Q8: I'm so restless and agitated. I can't sit still, my skin is crawling.
Q9: No, I wouldn't do that. But I do wish I could just disappear.

Patient 161

Score: 0/27

Severity: None/Minimal

Q1: I really enjoy my daily activities and hobbies; they keep me energized.

Q2: Not at all; I've been feeling pretty upbeat and positive lately.
Q3: I sleep just fine, usually get a solid 7-8 hours without issues.
Q4: I have plenty of energy throughout the day; no complaints there.
Q5: My appetite is normal; I eat balanced meals without overdoing it.
Q6: I feel good about myself and my accomplishments; no sense of failure.
Q7: Concentration is sharp; I can focus on work or reading easily.
Q8: My movements and speech are normal; no one has noticed anything off.
Q9: Absolutely no thoughts like that; life is good.

Patient 162

Score: 0/27

Severity: None/Minimal

Q1: I've been into my usual routines without any loss of interest.
Q2: Feeling generally okay, no real down moods.
Q3: Sleep is consistent; I wake up refreshed most nights.
Q4: Energy levels are steady; I get through the day fine.
Q5: Eating habits are regular; nothing out of the ordinary.
Q6: I'm content with how things are going; no self-doubt creeping in.
Q7: I can pay attention to tasks without much trouble.
Q8: No changes in how I move or talk; everything feels balanced.
Q9: Those kinds of thoughts don't cross my mind at all.

Patient 163

Score: 6/27

Severity: Mild

Q1: Sometimes I feel a bit less excited about things, but only on off days.
Q2: I've had a couple of moments feeling a little blue, but it passes quickly.
Q3: Occasionally I have trouble falling asleep if I'm stressed, but not often.
Q4: I get tired by evening sometimes, but I still manage everything.
Q5: My appetite is mostly fine, though I might snack more when bored.
Q6: Once in a while I question if I'm doing enough, but it's minor.
Q7: Concentration dips briefly if I'm distracted, but I snap back.
Q8: No noticeable changes in my pace or restlessness.
Q9: No such thoughts; I'm okay overall.

Patient 164

Score: 8/27

Severity: Mild

Q1: There are days when hobbies don't appeal as much, maybe a few times a week.
Q2: I feel down occasionally, like when work gets overwhelming.
Q3: Sleep isn't perfect; I wake up a couple of times some nights.
Q4: Energy is lower on busy days, but I push through.
Q5: I tend to eat more comfort food when I'm not feeling great.
Q6: Sometimes I worry I've let people down, but it's not constant.
Q7: Focusing on reading can be hard if my mind wanders.
Q8: I might fidget a bit more when anxious, but it's subtle.
Q9: Rarely, but fleeting thoughts like that scare me away quickly.

Patient 165

Score: 12/27

Severity: Moderate

Q1: Lately, more than half the time, I just don't care about doing much.
Q2: Feeling hopeless creeps in often, especially in the evenings.
Q3: I toss and turn most nights, or end up sleeping way too long.

- Q4: Tiredness hits me hard; even simple tasks feel exhausting.
Q5: My appetite is off; I either skip meals or binge on junk.
Q6: I keep beating myself up for not being better at things.
Q7: Concentration is poor; I can't follow a TV show without zoning out.
Q8: People say I've been slower lately, like I'm dragging my feet.
Q9: Those dark thoughts pop up sometimes, but I try to ignore them.

Patient 166

Score: 13/27

Severity: Moderate

- Q1: Interest in activities has dropped off a lot over the past week or so.
Q2: Down moods hit me frequently, making everything seem pointless.
Q3: Sleep problems are common; I either can't sleep or oversleep.
Q4: Low energy is a big issue; I feel drained most of the time.
Q5: Eating patterns are irregular; sometimes no hunger, sometimes too much.
Q6: I often feel like a disappointment to myself and others.
Q7: Trouble focusing happens regularly, like when trying to work.
Q8: I've been more restless, pacing around without reason.
Q9: Occasional thoughts of not wanting to be here, but they fade.

Patient 167

Score: 17/27

Severity: Moderately Severe

- Q1: Almost every day, I have no motivation for anything enjoyable.
Q2: Depression weighs on me heavily most days; it's hard to shake.
Q3: Insomnia or excessive sleep is happening nearly all the time.
Q4: Fatigue is constant; I barely have energy to get out of bed.
Q5: Appetite swings wildly; overeating or not eating at all.
Q6: I constantly feel worthless and like I've failed everyone.
Q7: Can't concentrate on anything; my mind is foggy daily.
Q8: I'm moving slowly, and others have commented on it.
Q9: Thoughts of self-harm come up often, scaring me.

Patient 168

Score: 18/27

Severity: Moderately Severe

- Q1: Pleasure in things is gone; I force myself through routines daily.
Q2: Hopelessness is overwhelming almost every single day.
Q3: Sleep is disrupted constantly; I rarely get restful nights.
Q4: No energy whatsoever; everything feels like a huge effort.
Q5: Poor appetite dominates; I have to remind myself to eat.
Q6: Self-loathing is intense; I feel like a total failure always.
Q7: Concentration is impossible; even simple tasks overwhelm me.
Q8: Restlessness keeps me fidgeting or pacing most days.
Q9: Dark thoughts about dying visit me frequently.

Patient 169

Score: 23/27

Severity: Severe

- Q1: Every day, absolutely no interest in doing anything at all.
Q2: I'm depressed and hopeless constantly; it never lets up.
Q3: Sleep is a nightmare; either no sleep or way too much, daily.
Q4: Utterly exhausted all the time; can't muster any energy.
Q5: No appetite whatsoever; food doesn't appeal, or I force it down.

Q6: I hate myself deeply; feel like I've ruined everything for good.

Q7: Can't focus on anything; my brain shuts down completely.

Q8: So slow and lethargic that people notice and ask about it.

Q9: Thoughts of being better off dead haunt me every day.

Patient 170

Score: 25/27

Severity: Severe

Q1: Nothing brings pleasure anymore; it's been like this non-stop.

Q2: Feeling utterly down and without hope, all day every day.

Q3: Constant trouble with sleep; insomnia rules my nights.

Q4: Zero energy; I'm wiped out from the moment I wake up.

Q5: Overeating compulsively or starving myself; no control.

Q6: Profound sense of failure; I've let everyone down irreparably.

Q7: Total inability to concentrate; everything blurs together.

Q8: Extreme restlessness; I can't sit still, always moving.

Q9: Suicidal thoughts are persistent and intense daily.

Patient 171

Score: 0/27

Severity: None/Minimal

Q1: Not at all. I generally find a lot of joy in my day-to-day life.

Q2: I don't feel down or hopeless. I'm pretty optimistic about things.

Q3: I don't have any trouble falling asleep or staying asleep. I sleep like a rock.

Q4: I have plenty of energy. I get my work done and still feel like going for a run or seeing friends.

Q5: My appetite is completely normal. I eat my three meals a day, no changes.

Q6: I don't feel bad about myself. I'm comfortable with who I am and what I've accomplished.

Q7: No trouble concentrating. I can read a book or focus on my work without any issues.

Q8: I'm not fidgety or sluggish at all. My pace feels just right.

Q9: The thought has never crossed my mind. I love my life and have so much to look forward to.

Patient 172

Score: 5/27

Severity: Mild

Q1: Every once in a while, I'll feel a bit low for a day or so, but it passes.

Q2: I'm generally hopeful, but sometimes I get a little discouraged about work deadlines.

Q3: I've noticed once or twice this month I've lain awake for a bit, overthinking things, but I usually get to sleep okay.

Q4: I feel a bit tired sometimes in the afternoons, but it's nothing a cup of coffee can't fix.

Q5: My appetite is fine. Maybe I occasionally skip lunch if I'm really busy, but that's about it.

Q6: I'm mostly okay with myself, but I can be a bit self-critical about small mistakes.

Q7: My focus is mostly good, but I find my mind wandering a little more than usual lately.

Q8: I feel perfectly normal, no restlessness or being slowed down.

Q9: I would never act on it, but sometimes a thought like 'what's the point' flickers through my mind when I'm stressed, but it's just a thought.

Patient 173

Score: 8/27

Severity: Mild

Q1: I feel a bit down about half the time now. It's like a gray cloud that comes and goes.

Q2: I'm feeling a little discouraged about the future lately. It's hard to explain, just a sense of things not being great.

Q3: I've been having more trouble than usual falling asleep, probably two or three nights a week. My mind just won't shut off.

- Q4: I feel tired more often than not. I have to push myself to get through my chores.
- Q5: I think I've been snacking on junk food more when I feel down, but my main meals are okay.
- Q6: I've been feeling a bit more insecure than usual, like I'm not measuring up.
- Q7: I can concentrate, but it takes more effort. I find myself re-reading paragraphs or zoning out in meetings.
- Q8: I feel a bit restless, like I can't quite get comfortable. Pacing a bit sometimes.
- Q9: I think about dying sometimes, but not in a suicidal way. More like wondering what it would be like if I just wasn't here. I don't have any plans to hurt myself.

Patient 174**Score: 13/27****Severity: Moderate**

- Q1: I feel down more days than not. It's become my default mood.
- Q2: I'm feeling pretty hopeless about things improving in my relationship. It just feels stuck.
- Q3: I have trouble falling asleep almost every night. It takes me at least an hour or two, just staring at the ceiling.
- Q4: I'm tired all the time. Everything feels like a huge effort, even taking a shower.
- Q5: I've lost a few pounds because I just don't feel hungry. Food doesn't taste good anymore.
- Q6: I feel like I've let everyone down, especially my family. I'm pretty disappointed in myself.
- Q7: It's really hard to focus. I start one task and then jump to another without finishing anything. My productivity is way down.
- Q8: I feel so sluggish. It's like I'm moving through mud. Even talking feels like an effort.
- Q9: I have thoughts that I'd be better off dead, and sometimes I think about ways to do it, but I know I wouldn't actually go through with it. I couldn't do that to my kids.

Patient 175**Score: 14/27****Severity: Moderate**

- Q1: I feel sad and empty most of the day, nearly every day. It's a heavy feeling in my chest.
- Q2: The future seems pretty bleak right now. I don't see how things are going to get any better.
- Q3: My sleep is all over the place. Some nights I can't sleep, other nights I wake up at 3 AM and can't get back to sleep.
- Q4: I have zero energy. I come home from work and just collapse on the couch. I have nothing left for anything else.
- Q5: I'm eating just to put something in my stomach, but I have no appetite. It all tastes like cardboard.
- Q6: I feel like a complete failure. Everything I touch seems to go wrong.
- Q7: I can't even follow a TV show anymore. My mind just goes blank. Making simple decisions is overwhelming.
- Q8: I'm so restless, I can't sit still. But at the same time, I'm too tired to move. It's a horrible feeling.
- Q9: Yes, I think about killing myself. I've thought about what method I would use. I don't have a specific plan or date, but the thoughts are there more often than I'd like to admit.

Patient 176**Score: 18/27****Severity: Moderately Severe**

- Q1: I feel intense sadness and irritability nearly all the time. I snap at people for no reason.
- Q2: It all feels completely hopeless. I truly believe nothing will ever get better.
- Q3: I have insomnia almost every single night. I'm lucky if I get 3 or 4 broken hours of sleep.
- Q4: I am completely drained. The fatigue is physical; it hurts to move.
- Q5: I've lost a significant amount of weight because the idea of eating makes me nauseous.
- Q6: I am consumed with guilt and feel like I'm a terrible person. I hate myself.

Q7: I can't concentrate at all. I tried to read a letter and couldn't make sense of the words. My brain feels broken.

Q8: I'm either pacing around my apartment uncontrollably or I'm stuck in bed, unable to get up. There's no in-between.

Q9: I think about suicide daily. I've started to make a vague plan, like thinking about where and how, but I haven't taken any steps yet. It feels like the only way out.

Patient 177

Score: 17/27

Severity: Moderately Severe

Q1: The feeling of despair is constant. It's like being trapped in a dark hole with no way out.

Q2: I am absolutely convinced that the future holds nothing but pain and misery for me.

Q3: My sleep is a nightmare. I either can't sleep or I sleep for 12 hours and still feel exhausted. There's no rest.

Q4: I am so fatigued that even lifting my arm feels like a monumental task.

Q5: I have to force myself to eat one small meal a day. I have no interest in food whatsoever.

Q6: I am worthless. A burden to everyone who knows me. They'd all be better off without me.

Q7: My thoughts are so jumbled and slow. People talk to me and it takes forever to process what they've said.

Q8: The agitation is unbearable. I feel like I'm going to crawl out of my skin. Then it switches to being completely paralyzed.

Q9: I have specific suicidal thoughts and have considered a plan. The only reason I haven't done it is because I'm afraid it would fail and I'd end up in a hospital.

Patient 178

Score: 25/27

Severity: Severe

Q1: I am in unbearable emotional pain every single moment. The sadness is a physical ache.

Q2: There is not a single shred of hope left in me. Everything is utterly and completely hopeless.

Q3: I am barely sleeping. Maybe an hour or two a night, filled with nightmares. Most of the night I just lie there in despair.

Q4: I am completely immobilized by fatigue. I can't get out of bed most days.

Q5: I've stopped eating. The thought of swallowing food makes me gag. I've lost so much weight my clothes don't fit.

Q6: I am filled with self-loathing. I am a disgusting, worthless person who deserves this pain.

Q7: I cannot form a coherent thought. I can't read, I can't watch TV, I can't even have a simple conversation. My mind is just static.

Q8: I am either violently restless, pacing and pulling my hair, or I am catatonic, unable to move or speak for hours.

Q9: I think about suicide constantly. I have a specific, lethal plan and I intend to carry it out. I am just saying goodbye to people in my head and getting my affairs in order.

Patient 179

Score: 26/27

Severity: Severe

Q1: I am completely numb and empty, which is worse than sadness. I feel nothing but a void.

Q2: Hope is a concept I can no longer understand. There is only darkness ahead.

Q3: I am awake for days at a time, then I might crash for a few hours. There is no pattern, no rest.

Q4: I have no energy to even breathe. It feels like too much work.

Q5: The smell of food makes me sick. I can only sip water.

Q6: I am a monster and a failure. I am consumed by guilt and shame over everything.

Q7: My brain has shut down. I cannot process anything. The world is a blur of noise and light.

Q8: I am almost always slowed down. It takes minutes to complete a simple action like picking up a cup. My body feels like it's made of lead.

Q9: I am actively suicidal. I have the means and a plan. It is not a matter of 'if' but 'when'. I see it as my only option for relief from this torment.

Patient 180

Score: 16/27

Severity: Moderately Severe

Q1: I feel down and miserable more than half the days in the week. The good moments are fleeting.

Q2: I feel pretty hopeless about my ability to ever be happy again. It feels like this is just who I am now.

Q3: I have a lot of trouble staying asleep. I wake up in the middle of the night with a jolt of anxiety and can't calm down.

Q4: I'm tired from the moment I wake up. It's a struggle to do basic things like laundry or cooking.

Q5: My appetite is gone. I eat because I know I have to, but I get no pleasure from it and often forget to eat lunch.

Q6: I'm very critical of myself. I replay all my past mistakes and feel like I've messed up my life.

Q7: I can't focus on work. I make careless mistakes that I wouldn't normally make. It's like my brain is in a fog.

Q8: I feel so sluggish. Just getting up to answer the door feels like a huge task. I speak more slowly too.

Q9: I think about death frequently. I don't have a active plan to kill myself, but I do wish I could just go to sleep and not wake up. The idea of not existing is appealing.

Patient 181

Score: 16/27

Severity: Moderately Severe

Q1: Over the past two weeks, I haven't found any joy in my hobbies. I used to love gardening, but now the thought of it just feels like a chore.

Q2: I've been feeling pretty down, more days than not. It's like a gray cloud is just following me around.

Q3: My sleep is a mess. I wake up at 3 AM almost every night and just lie there worrying until my alarm goes off.

Q4: I'm exhausted all the time. It feels like I'm running on empty, even after a full night's sleep.

Q5: I don't really have an appetite anymore. I have to force myself to eat, and everything tastes bland.

Q6: I feel like I'm letting everyone down. I look at my family and think they deserve someone better, someone more energetic and happy.

Q7: Focusing at work has become really difficult. I find myself staring at my computer screen, rereading the same paragraph over and over.

Q8: My husband mentioned that I've been moving really slowly lately, like I'm in slow motion. I hadn't really noticed, but he's right.

Q9: I've had some fleeting thoughts that maybe everyone would be better off if I wasn't around, but I would never act on them.

Patient 182

Score: 1/27

Severity: None/Minimal

Q1: No, I'm still enjoying my weekly book club and my walks in the park. Those things keep me going.

Q2: I feel a little blue from time to time, but who doesn't? It passes quickly.

Q3: I sleep like a log, usually seven or eight hours a night without any issues.

Q4: I have plenty of energy. I was able to clean out the entire garage last weekend.

Q5: My appetite is great! Maybe a little too great, but I'm enjoying my food.

Q6: I feel good about myself and my life. I have a lot to be thankful for.

Q7: I can focus just fine. I'm currently planning a big family vacation and I'm on top of all the details.

Q8: No, I haven't felt restless or slowed down. I feel like I'm moving at a normal pace.

Q9: I never think about hurting myself. I have too much to live for.

Patient 183

Score: 27/27

Severity: Severe

Q1: I can't be bothered with anything anymore. I used to love playing guitar, but it's been sitting in its case for months. I just don't see the point.

Q2: I feel completely empty and sad all day, every single day. There's no escape from it.

Q3: I sleep all the time. I'll sleep for 12 hours, wake up for a couple of hours, and then go back to bed. I'm always tired.

Q4: I have zero energy. Even taking a shower feels like climbing a mountain.

Q5: I'm not eating at all. I've lost about 10 pounds in the last couple of weeks because the thought of food makes me feel sick.

Q6: I'm a worthless piece of garbage. I've failed at everything I've ever tried. I'm a burden to everyone.

Q7: I can't even follow a TV show anymore. My thoughts are racing and jumbled, I can't focus on anything.

Q8: I'm so agitated I can't sit still. I'm constantly pacing and wringing my hands.

Q9: I think about ending it all the time. I have a plan and I think about how I'm going to do it several times a day.

Patient 184

Score: 5/27

Severity: Mild

Q1: I still enjoy my work, and I love spending time with my kids. Those things are my rock.

Q2: I've been feeling a bit down for the last week or so, but it's not constant. It comes and goes.

Q3: I've had a little trouble falling asleep a couple of nights this week, but it's not a major problem.

Q4: I've been more tired than usual in the afternoons, but I'm usually fine after a cup of coffee.

Q5: No changes in my appetite. I'm eating normally.

Q6: I feel a little guilty sometimes that I'm not as 'fun' as I used to be, but I don't feel like a failure.

Q7: I'm a little more distracted than usual at work, but I'm still getting everything done.

Q8: No, I haven't noticed any changes in my movements or speech.

Q9: No, I haven't had any thoughts of harming myself.

Patient 185

Score: 21/27

Severity: Severe

Q1: Nothing interests me anymore. I used to love painting, but now my canvases are just gathering dust.

Q2: I feel an overwhelming sense of sadness and hopelessness. It's like I'm at the bottom of a deep, dark hole and I can't climb out.

Q3: I'm lucky if I get three or four hours of sleep a night. I just lie awake with my mind racing.

Q4: I'm completely drained of energy. I can barely get out of bed to go to the bathroom.

Q5: I've been binge eating constantly. I'll eat a whole bag of chips and a pint of ice cream and still not feel full.

Q6: I hate myself. I'm a disgusting, useless human being. I can't do anything right.

Q7: I can't concentrate on anything. I tried to read a magazine and the words were just a blur.

Q8: I feel like I'm moving in slow motion, and my thinking is all foggy.

Q9: I've been thinking a lot about death, but not really about hurting myself. I just wish I wouldn't wake up.

Patient 186

Score: 8/27

Severity: Mild

Q1: I've been feeling a bit down, but I can still enjoy a good movie or a nice dinner with my wife.

Q2: I've been feeling more down than usual, but it's not all the time. Maybe a few days a week.

Q3: I've been waking up earlier than I'd like, but I usually fall back asleep for a little while.

Q4: I've been feeling a bit more tired than usual, but I'm still able to get through my day.

Q5: My appetite is a little off, but not in a major way. Some days I'm more hungry than others.

Q6: I've been feeling a little bit like a failure lately, but I know it's not true. It's just a feeling.

Q7: I've been a little more forgetful than usual, but I'm still able to function at work and at home.

Q8: No, I haven't felt restless or slowed down.

Q9: No, I haven't had any thoughts of hurting myself.

Patient 187

Score: 18/27

Severity: Moderately Severe

Q1: I've lost interest in almost everything. I used to love going out with my friends, but now I just make excuses to stay home.

Q2: I feel sad and empty most of the day, nearly every day.

Q3: I sleep all the time, but I'm still exhausted. I could sleep 15 hours a day if I didn't have to work.

Q4: I have no energy at all. I feel like I'm dragging myself through the day.

Q5: I have no appetite. I've lost a few pounds because I just don't feel like eating.

Q6: I feel like I'm a failure at everything. I'm not a good enough mother, partner, or employee.

Q7: I can't focus on anything at work. I'm making stupid mistakes and my boss has noticed.

Q8: I feel so restless and agitated all the time. I can't sit still and I'm always fidgeting.

Q9: I've had some thoughts that maybe I'd be better off dead, but I don't think I'd ever do anything about it.

Patient 188

Score: 0/27

Severity: None/Minimal

Q1: I'm still able to find joy in the little things, like a good cup of coffee in the morning or a funny video online.

Q2: I feel pretty good most of the time. I get a little sad sometimes, but it's not a big deal.

Q3: I sleep well most nights. I might have a bad night's sleep once in a while, but that's normal.

Q4: I have plenty of energy to do the things I need to do.

Q5: My appetite is normal and I'm not having any issues with my weight.

Q6: I feel good about myself and my accomplishments.

Q7: I'm able to focus on my work and my hobbies without any problems.

Q8: I feel calm and relaxed most of the time.

Q9: I never think about hurting myself.

Patient 189

Score: 12/27

Severity: Moderate

Q1: I don't get excited about things anymore. Everything just feels kind of 'meh.'

Q2: I've been feeling pretty down for the last couple of weeks. It's not terrible, but it's definitely there.

Q3: I've been having some trouble sleeping. I'll wake up in the middle of the night and have a hard time getting back to sleep.

Q4: I've been feeling pretty tired and run down. It's a struggle to get through the workday.

Q5: I've been eating more than usual, especially junk food. I think it's for comfort.

Q6: I've been feeling like I'm not good enough, and that I'm letting people down.

Q7: I've been having a hard time concentrating at work. I find myself daydreaming a lot.

Q8: I've been feeling a little restless and on edge lately.

Q9: I've had a few thoughts that maybe life isn't worth living, but I would never act on them.

Patient 190

Score: 26/27

Severity: Severe

Q1: I can't enjoy anything anymore. My favorite music just sounds like noise.

Q2: I feel completely and utterly hopeless. I don't see things ever getting better.

Q3: I'm either not sleeping at all, or I'm sleeping for 16 hours straight. There's no in-between.

Q4: I have absolutely no energy. I feel like a lead weight is holding me down.

Q5: I have no appetite. The thought of food makes me want to vomit.

Q6: I am a complete and total failure. I've ruined my life and everyone's around me.

Q7: I can't focus on anything. My mind is a complete fog.

Q8: I'm so slowed down, it feels like it takes an hour just to brush my teeth.

Q9: I think about killing myself every single day. I have a specific plan and I'm thinking about going through with it.

Patient 191

Score: 17/27

Severity: Moderately Severe

Q1: Honestly, I haven't felt like doing anything for weeks. Even things I used to love, like painting or watching movies, just feel pointless now. I'd say I've had little to no interest most days.

Q2: It's a constant, heavy cloud. I feel profoundly sad and hopeless almost every day. It's not just a bad mood; it's a deep, unshakable sense that things won't get better.

Q3: I'm sleeping way too much. I can easily sleep 10 to 12 hours, and even then, I wake up feeling exhausted. I'd rather be asleep than awake, so I spend most of the day in bed.

Q4: I'm completely drained. It takes monumental effort just to get out of bed and shower. I feel physically heavy and fatigued throughout the day, even after sleeping a lot.

Q5: My appetite is gone. I have to force myself to eat one small meal a day, and even that is a struggle. Food just tastes like ash.

Q6: I feel like a total failure. I keep thinking about all the mistakes I've made and how I'm disappointing everyone who cares about me. I'm worthless.

Q7: I can't focus on anything. I try to read a book or watch a show, but my mind wanders, or I have to reread the same sentence over and over. It's like my brain is foggy.

Q8: I've been moving very slowly. My partner has asked me why I'm dragging my feet and why I talk so quietly. Everything feels sluggish.

Q9: Yes, I've had thoughts that everyone would be better off without me. I've thought about ways to end it, but I don't have a specific plan right now.

Patient 192

Score: 16/27

Severity: Moderately Severe

Q1: I've lost interest in almost everything. I used to enjoy cooking, but now I just can't bring myself to do it. It's been like this for the better part of the last two weeks.

Q2: I feel intensely sad and just... empty. It's a persistent, heavy feeling that I can't shake off. I feel hopeless about the future, like nothing good is going to happen.

Q3: I'm having trouble staying asleep. I wake up around 3 AM almost every night and can't get back to sleep, just lying there with my thoughts racing.

Q4: I'm exhausted all the time. I feel like I'm running on fumes. Even simple tasks, like folding laundry, feel like I've run a marathon.

Q5: I've been eating much less than usual. I skip meals because I don't feel hungry, and when I do eat, it's only a few bites.

Q6: I constantly criticize myself. I feel like I'm a burden to my family and that I've failed to meet any of my own expectations.

Q7: It's hard to focus at work. I make simple mistakes because I can't keep my mind on the task. Reading a long email is a chore.

Q8: I've been very restless. I can't sit still; I pace around the house a lot, and I feel jumpy and agitated.

Q9: I've had fleeting thoughts that I wish I wouldn't wake up, but I haven't made any plans or taken any steps.

Patient 193

Score: 18/27

Severity: Moderately Severe

Q1: I've completely stopped enjoying my hobbies. I used to play guitar every day, but it's just sitting in the corner now. I have no motivation for anything fun.

Q2: I feel overwhelmingly depressed. It's been a daily struggle for the past month. I feel like I'm trapped in this dark place and there's no way out.

Q3: I'm sleeping excessively. I'll go to bed early and sleep through my alarm, sometimes for 14 hours. It's the only time I get a break from my thoughts.

Q4: My energy is non-existent. I feel physically heavy and weak. I spend most of my day lying on the couch because I don't have the strength to do anything else.

Q5: I've been overeating, especially comfort foods late at night. It's the only thing that gives me a brief moment of relief, but then I feel guilty afterward.

Q6: I feel like a massive disappointment. I'm constantly beating myself up over past mistakes and current inabilities. I feel like I'm failing as a parent/spouse/employee.

Q7: I can't follow conversations or movies. I'll zone out mid-sentence. It's a real problem when I need to focus on work tasks.

Q8: I've been noticeably slow. My movements are labored, and I speak very softly and slowly. It takes me forever to complete simple tasks.

Q9: I've had thoughts of death, but they are mostly passive—just wishing I wouldn't wake up. No active plans to hurt myself.

Patient 194

Score: 19/27

Severity: Moderately Severe

Q1: I don't get any joy from anything anymore. I go through the motions, but there's no spark. It's been a consistent lack of pleasure for the last few weeks.

Q2: I feel profoundly depressed almost every day. It's a deep, painful sadness that doesn't lift. I feel completely hopeless about my future and my situation.

Q3: I have severe insomnia. I can't fall asleep until 2 or 3 AM, and then I wake up multiple times. I'm getting maybe 4-5 hours of broken sleep a night.

Q4: I'm perpetually exhausted. I feel like I'm carrying a lead weight. I have to push myself through every single day, and I'm always looking for a chance to lie down.

Q5: My appetite is very poor. I forget to eat, and when I remember, I have no desire for food. I've lost a noticeable amount of weight recently.

Q6: I feel overwhelmingly guilty and worthless. I feel like I'm a burden on everyone around me, and I hate myself for not being able to 'snap out of it.'

Q7: My concentration is shot. I can't follow the plot of a movie, and I struggle to remember what people tell me. It's impacting my ability to function.

Q8: I've been very restless and agitated. I constantly fidget, tap my foot, and feel like I need to move. I can't relax.

Q9: I have frequent thoughts of self-harm and death. I've been thinking about it almost every day, but I haven't made a concrete plan.

Patient 195

Score: 16/27

Severity: Moderately Severe

Q1: I've lost interest in everything I used to care about. I don't look forward to anything. It's a pervasive lack of enjoyment that's been present most of the time.

Q2: I feel a constant, deep sadness. I cry easily and feel completely overwhelmed by a sense of hopelessness. I've felt this way almost every day for the last month.

Q3: I'm sleeping excessively. I'll sleep for 10-11 hours and still feel like I need more. I use sleep as an escape from my reality.

Q4: I have very little energy. I feel physically and mentally exhausted from the moment I wake up. I struggle to complete basic self-care tasks.

Q5: I've been overeating, especially junk food. It's a form of emotional comfort, but it doesn't really help. I feel out of control with my eating.

Q6: I feel like a complete failure in my career and personal life. I'm constantly plagued by thoughts of my inadequacy and how I've let my family down.

Q7: I can't focus on anything that requires sustained attention. I start tasks and then forget what I was doing. My mind is a blur.

Q8: I've been moving and speaking very slowly. My friends have commented that I seem 'dull' and 'slowed down.'

Q9: I've had thoughts of being better off dead, but they are mostly passive and I would never act on them.

Patient 196

Score: 18/27

Severity: Moderately Severe

Q1: I have almost no interest in anything. I've been turning down invitations and just sitting at home. I don't find pleasure in anything anymore.

Q2: I feel profoundly depressed and hopeless. It's a constant state of being. I feel like I'm carrying the weight of the world and there's no end in sight.

Q3: I'm having trouble falling asleep. I lie awake for hours, my mind racing with negative thoughts. I'm only getting about 5 hours of sleep a night.

Q4: I'm completely drained. I feel physically weak and heavy. I have to force myself to do everything, and I'm exhausted by noon.

Q5: My appetite is very poor. I have to remind myself to eat, and I've lost a few pounds because of it. Nothing tastes good.

Q6: I feel like a complete failure as a person. I feel immense guilt for not being able to be happy or productive. I'm constantly judging myself harshly.

Q7: I can't concentrate on my work or even a simple conversation. I feel scattered and unable to focus my thoughts.

Q8: I've been very restless. I can't sit still in meetings and I constantly shift in my chair. I feel agitated and on edge.

Q9: I've had thoughts of self-harm, but I'm scared to act on them. I think about it a few times a week.

Patient 197

Score: 17/27

Severity: Moderately Severe

Q1: I've lost all interest in my usual activities. I just sit and stare at the wall most of the time. It's been a consistent feeling for the past two weeks.

Q2: I feel intensely sad and hopeless every single day. It's a deep, dark pit that I can't climb out of. I feel like I'm a burden to everyone.

Q3: I'm sleeping too much. I'll sleep for 12+ hours and still feel tired. I use sleep to avoid dealing with my problems.

Q4: I have no energy whatsoever. I feel physically exhausted and weak. It's a struggle to do anything that requires effort.

Q5: I've been overeating, especially sweets. It's the only thing that provides a momentary distraction from the pain.

Q6: I feel completely worthless. I believe I'm a failure and that I've ruined my life and the lives of those around me.

Q7: I can't focus on anything. I can't follow a recipe or a simple set of instructions. My mind is constantly foggy.

Q8: I've been moving very slowly. My movements are sluggish, and I feel like I'm moving through water.

Q9: I've had passive thoughts of death, wishing I wouldn't wake up, but no active plans to hurt myself.

Patient 198

Score: 19/27

Severity: Moderately Severe

Q1: I have almost no interest in anything. I don't enjoy socializing, watching TV, or anything else. It's a constant state of apathy.

Q2: I feel deeply depressed and hopeless most of the time. It's a pervasive sadness that has been with me for weeks. I feel like my life is meaningless.

Q3: I'm having trouble staying asleep. I wake up in the middle of the night and can't get back to sleep, tossing and turning for hours.

Q4: I'm constantly tired, even after a full night's sleep. I feel physically drained and heavy, like I'm carrying a huge weight.

Q5: My appetite is very poor. I often skip breakfast and lunch because I just don't feel hungry. I've lost weight without trying.

Q6: I feel like a complete failure. I'm constantly dwelling on my mistakes and feel intense guilt about not being a better person.

Q7: I can't focus on my schoolwork. I read the same paragraph over and over and don't absorb the information. My mind is always elsewhere.

Q8: I've been very restless. I can't sit still and I constantly feel the need to move my hands or feet. I feel agitated.

Q9: I've had thoughts of death and self-harm, and I've thought about how I would do it, but I haven't taken any steps.

Patient 199

Score: 17/27

Severity: Moderately Severe

Q1: I have no interest in anything. I used to love going out with friends, but now I just cancel plans and stay home. I don't feel pleasure from anything.

Q2: I feel intensely sad and hopeless almost every day. It's a deep, persistent ache that I can't escape. I feel like I'm stuck in a hole.

Q3: I'm sleeping too much. I'll sleep for 10-12 hours and still feel exhausted. I just want to stay in bed all day.

Q4: I have almost no energy. I feel physically and mentally exhausted. Simple chores feel overwhelming and impossible to complete.

Q5: I've been overeating, especially at night. It's a comfort thing, but I feel terrible about it afterward.

Q6: I feel completely worthless and like a failure. I constantly blame myself for everything that goes wrong.

Q7: I can't focus on my work or school. I'm constantly distracted and can't hold a thought for long.

Q8: I've been moving very slowly. My movements are sluggish, and I feel like I'm in slow motion.

Q9: I've had passive thoughts of death, wishing I could just disappear, but no active plans.

Patient 200

Score: 19/27

Severity: Moderately Severe

Q1: I've lost all interest in my hobbies and social life. I don't enjoy anything anymore. It's a constant state of anhedonia.

Q2: I feel profoundly depressed and hopeless every day. It's a heavy, dark feeling that never goes away. I feel like my life is a disaster.

Q3: I have trouble falling asleep. I lie awake for hours, and when I finally do fall asleep, I wake up multiple times. I'm getting very little restorative sleep.

Q4: I'm completely exhausted all the time. I feel physically weak and heavy. It takes immense effort to do anything, even brushing my teeth.

Q5: My appetite is very poor. I have to force myself to eat, and I've lost a significant amount of weight.

Q6: I feel overwhelming guilt and worthlessness. I feel like I'm a burden and a failure to everyone who depends on me.

Q7: I can't focus on anything for more than a few minutes. I can't follow instructions or read a book. My mind is constantly foggy.

Q8: I've been very restless and agitated. I constantly feel the need to move and can't sit still.

Q9: I've had frequent thoughts of death and self-harm, and I've thought about how I would do it, but I'm not actively planning anything right now.

Patient 201

Score: 3/27

Severity: None/Minimal

Q1: Lately I've been a little less interested in hobbies — only on some days I notice it.

Q2: I don't feel depressed most days — maybe occasionally I feel a bit down.

Q3: I sleep fine most nights, only a couple times recently I had trouble falling asleep.

Q4: I feel a bit tired sometimes, but it passes after a good night's sleep.

Q5: My appetite is about the same; I haven't noticed any real change.

Q6: I don't feel that I'm a failure or letting people down.

Q7: I notice my mind wandering a few days a week when I'm trying to focus.

Q8: People haven't told me I'm moving or speaking slower; I feel normal.

Q9: I have not had any thoughts that I'd be better off dead.

Patient 202

Score: 4/27

Severity: None/Minimal

Q1: Sometimes I find less pleasure in things I usually like, but it's only happened a few times this month.

- Q2: I've felt down on and off — not persistent, just occasional days.
Q3: I've had a few nights of restless sleep, but it's not a regular problem.
Q4: Most days I feel fine, though I have one or two low-energy days a week.
Q5: Eating has been normal for me; no real changes.
Q6: I don't generally blame myself or feel like a failure.
Q7: Concentrating is slightly harder on some days when I'm tired.
Q8: I haven't been noticeably more agitated or slowed down.
Q9: No, I haven't had thoughts of being better off dead.

Patient 203

Score: 7/27

Severity: Mild

- Q1: I've been enjoying things less lately — it's happened several times in the past two weeks.
Q2: I feel down more often than not; maybe more than half the days I'm irritable or sad.
Q3: I've had trouble falling asleep a few nights each week.
Q4: I often feel a little worn out and low on energy, more than I used to.
Q5: My appetite has been a little off — I skip meals a bit more than usual.
Q6: I don't usually feel like a total failure, though I sometimes criticize myself.
Q7: I find it hard to concentrate at work some days.
Q8: I haven't really been physically slower, just a bit lethargic sometimes.
Q9: I haven't had thoughts of hurting myself.

Patient 204

Score: 8/27

Severity: Mild

- Q1: For the past couple weeks I often don't enjoy things I used to — it's more than just a bad day.
Q2: I do feel down frequently, though not every single day.
Q3: I wake up several times and don't get restful sleep maybe a few nights each week.
Q4: I get tired quickly and it's affecting me a few times a week.
Q5: My appetite has been off sometimes — I've been eating a little less than usual.
Q6: I don't constantly feel like a failure, but there are moments I do feel worthless.
Q7: I have trouble focusing at times when I'm anxious or tired.
Q8: I don't feel especially restless or slowed down, just more sluggish when I'm down.
Q9: I haven't had thoughts of being better off dead.

Patient 205

Score: 12/27

Severity: Moderate

- Q1: I hardly enjoy anything anymore; this has been happening most days.
Q2: I feel down almost every day — it's been persistent for weeks.
Q3: I have trouble falling asleep or staying asleep more nights than not.
Q4: I'm exhausted nearly every day even after sleeping.
Q5: My eating has been off: some days I barely eat.
Q6: I often feel like I'm letting my family down and feel guilty.
Q7: Concentrating is difficult — I drift off when trying to read or work.
Q8: Friends say I seem slowed down, and I notice it in my movements.
Q9: I've had occasional thoughts that maybe life would be easier if I wasn't here.

Patient 206

Score: 11/27

Severity: Moderate

- Q1: I have very little interest in doing things; it happens more than half the days.
Q2: I feel down more than half the days — it's a steady presence.
Q3: I struggle with sleep more than half the time.

- Q4: I feel tired most days and it's affecting my routine.
 Q5: My appetite is a little smaller than usual; I skip meals sometimes.
 Q6: I don't always feel worthless, but I do have moments of strong self-criticism.
 Q7: I find concentrating on tasks harder more than a few days a week.
 Q8: I don't feel noticeably restless or slowed most days.
 Q9: I've had some thoughts that life might be better if I weren't around on occasion.

Patient 207**Score: 16/27****Severity: Moderately Severe**

- Q1: I almost never find pleasure in things anymore — nearly every day I feel numb to activities.
 Q2: I feel profoundly down and hopeless almost every day.
 Q3: I can hardly sleep; I have severe trouble falling or staying asleep nearly every night.
 Q4: I am exhausted nearly every day and can barely get through the day.
 Q5: My appetite has decreased quite a bit — often I don't want to eat.
 Q6: I frequently feel like a complete failure and burden to others.
 Q7: Concentration is almost impossible most days; my mind feels fogged.
 Q8: Sometimes I notice I'm moving or speaking much slower than usual.
 Q9: I've had thoughts that I might be better off dead more than half the days.

Patient 208**Score: 18/27****Severity: Moderately Severe**

- Q1: Nearly every day I have lost interest in things; I feel emotionally flat.
 Q2: I feel depressed and hopeless almost every single day.
 Q3: My sleep is terrible every night — I wake up early and can't get back to sleep.
 Q4: I am drained of energy nearly every day and hardly manage routine tasks.
 Q5: I've been overeating some days and other days I skip meals; it's inconsistent but frequent.
 Q6: I often think I'm a burden and feel intense guilt about small things.
 Q7: I find it difficult to concentrate often; it happens quite frequently.
 Q8: Sometimes people say I'm moving slower, which I notice when I'm down.
 Q9: I've had thoughts fairly often that I'd be better off dead.

Patient 209**Score: 22/27****Severity: Severe**

- Q1: I don't enjoy anything anymore — that feeling is with me nearly every day.
 Q2: I am depressed almost every day and feel hopeless frequently.
 Q3: I sleep very poorly every night; it's been ongoing and consistent.
 Q4: I am exhausted most days and it's a heavy drag on me.
 Q5: My appetite swings — often I'm not interested in food, sometimes I overeat.
 Q6: I feel like a failure a lot and think I've let everyone down.
 Q7: My concentration is poor more than half the days; I struggle at work.
 Q8: I feel slowed down and others have noticed it several times this week.
 Q9: I've had recurrent thoughts that I might be better off dead on and off.

Patient 210**Score: 23/27****Severity: Severe**

- Q1: I almost never find joy in anything now; it's constant every day.
 Q2: I feel deeply depressed and hopeless nearly every day.
 Q3: I cannot sleep at all most nights, or I sleep too much; it's been happening nearly every day.
 Q4: I have no energy almost every day; it's overwhelming.
 Q5: I often have little to no appetite and have lost a lot of weight in a short time.

Q6: I frequently believe I'm worthless and that I disappoint everyone.

Q7: I can seldom concentrate; it's a near-daily issue.

Q8: I'm noticeably slowed down and sometimes feel restless in the same day.

Q9: I have frequent thoughts that I would be better off dead and have thought about harming myself.

Patient 211

Score: 2/27

Severity: None/Minimal

Q1: I've been pretty engaged with my hobbies lately. I still enjoy my morning walks and reading in the evenings. No issues there.

Q2: Not really. I mean, everyone has off days here and there, but overall I feel pretty good about life right now.

Q3: I sleep pretty well most nights. Maybe once or twice this week I had trouble falling asleep because of work stress, but nothing major.

Q4: My energy's been normal. I get through my day without feeling drained or anything.

Q5: My appetite is fine. I'm eating regularly and enjoying my meals like usual.

Q6: No, I don't feel that way. I'm doing okay with my responsibilities and feel pretty good about where I am.

Q7: No problems with focus. I can read, work, and watch TV without my mind wandering too much.

Q8: No, nothing like that. I move and talk at my normal pace. Nobody's mentioned anything unusual.

Q9: Absolutely not. I don't have thoughts like that at all.

Patient 212

Score: 4/27

Severity: None/Minimal

Q1: Sometimes I'm just not as excited about things as I used to be. Maybe a couple days this week I didn't feel like doing much.

Q2: I wouldn't say depressed, but I've felt a bit blah here and there. Just kind of meh about things, you know?

Q3: Sleep has been okay mostly. I've had a few nights where I tossed and turned a bit, but I eventually fall asleep.

Q4: I'm a little more tired than usual, but I think it's just the season changing or work picking up. It's manageable.

Q5: My eating is pretty normal. Can't complain there.

Q6: Not really. I mean, I'm not thrilled with everything I do, but I don't beat myself up about it.

Q7: My concentration is mostly fine. Occasionally I zone out during meetings, but who doesn't?

Q8: No, I'm moving around normally. Nothing's changed there.

Q9: No, I don't have those kinds of thoughts.

Patient 213

Score: 9/27

Severity: Mild

Q1: Yeah, I've noticed I'm not as interested in things lately. More than just a few days this week, probably like four or five days, I just didn't feel like doing the things I normally enjoy.

Q2: I've been feeling kind of down, honestly. Not every single day, but more days than not this past couple of weeks. Just a general sadness.

Q3: Sleep has been hit or miss. Some nights are okay, but I'd say at least half the week I either can't fall asleep or I wake up at 3 AM and can't get back to sleep.

Q4: I'm definitely more tired than usual. Most days I feel like I'm dragging myself through the day.

Q5: I've been eating more than I should, honestly. Kind of stress eating or eating out of boredom.

Q6: Sometimes I do feel like I'm not living up to expectations. It crosses my mind several days a week that I could be doing better.

Q7: Yeah, concentration has been tough. I'll be reading something and realize I have no idea what I just read. Happens pretty regularly now.

Q8: No, I don't think I've been moving differently or anything like that.

Q9: I haven't had thoughts about hurting myself, no.

Patient 214

Score: 7/27

Severity: Mild

Q1: I'm not really enjoying much these days. Several days a week I just go through the motions without really feeling anything.

Q2: Yeah, I feel down quite a bit. I'd say several days out of the week I feel sad or hopeless about things.

Q3: I've had some trouble sleeping. A few nights this week I couldn't sleep well, either too much or too little.

Q4: My energy is definitely lower. Several days a week I just feel exhausted even after sleeping.

Q5: My appetite is off. Some days I forget to eat, other days I'm not hungry at all.

Q6: I do feel disappointed in myself sometimes. Not constantly, but it comes up several days a week where I think I'm letting people down.

Q7: I haven't really noticed concentration problems. I can still focus when I need to.

Q8: Nothing like that. I'm moving and speaking normally as far as I know.

Q9: No, I don't have those thoughts.

Patient 215

Score: 14/27

Severity: Moderate

Q1: Most days I just don't care about anything. Things I used to love doing feel pointless now. It's been like this more than half the days recently.

Q2: I feel depressed more often than not. Probably more than half the week I wake up feeling hopeless and it stays with me most of the day.

Q3: Sleep is a real problem. More than half the nights I either can't sleep or I sleep way too much – like 12 hours and I still feel exhausted.

Q4: I'm tired all the time. More than half the days, probably closer to every day, I have zero energy. Everything feels like such an effort.

Q5: I've lost my appetite almost completely. I eat because I know I should, but I rarely feel hungry anymore. This happens more than half the week.

Q6: Yes, I feel like a failure pretty regularly. More than half the days I'm thinking about how I've disappointed everyone, including myself.

Q7: I can't concentrate on anything anymore. More than half the time I try to read or watch something, my mind just wanders or goes blank.

Q8: I've been moving slower, I think. I feel sluggish and my thoughts feel slower too. It's noticeable several days a week.

Q9: Sometimes I think people would be better off without me, but I haven't thought about actually hurting myself. These thoughts pop up occasionally.

Patient 216

Score: 12/27

Severity: Moderate

Q1: I barely have any interest in anything anymore. More than half the days I can't make myself care about my hobbies or even socializing.

Q2: I feel down most days now. It's more than half the week where I just feel this heavy sadness and hopelessness.

Q3: Sleep is definitely disrupted. I'd say more than half the week I'm either lying awake for hours or sleeping way too much and still feeling unrested.

Q4: I have very little energy these days. Most days, more than half the week for sure, I feel completely drained and worn out.

Q5: My eating is all over the place. More days than not I'm either not eating enough or eating too much. There's no consistency.

Q6: I feel bad about myself a lot. More than half the days I'm convinced I'm a failure and I've let everyone down.

Q7: Several days a week I just can't focus. My mind wanders constantly when I try to concentrate on anything.

Q8: No, I don't think I've been moving or speaking unusually.

Q9: I've had passing thoughts that maybe things would be easier if I wasn't here, but nothing serious. Just a few days here and there.

Patient 217

Score: 19/27

Severity: Moderately Severe

Q1: I don't enjoy anything anymore. Nearly every day I feel completely numb to things that used to make me happy. Nothing brings me pleasure.

Q2: I feel hopeless almost every single day. The depression is constant. I wake up with it and go to bed with it.

Q3: Every night is a struggle. Nearly every day I either can't fall asleep until dawn or I sleep 14+ hours and still feel exhausted. My sleep is completely broken.

Q4: I have no energy at all. Nearly every single day I feel completely exhausted. Getting out of bed feels impossible most mornings.

Q5: I barely eat anymore. Nearly every day I have no appetite at all. I've lost weight because I just can't bring myself to eat.

Q6: Nearly every day I feel like a complete failure. I'm constantly thinking about how I've ruined everything and let everyone down.

Q7: I can't concentrate on anything anymore. Nearly every day my mind is either blank or racing with negative thoughts. I can't read or follow conversations.

Q8: I've been moving really slowly. Nearly every day I feel like I'm in slow motion. Even talking takes so much effort. People have definitely noticed.

Q9: I think about death a lot. Several days a week I think about how I'd be better off dead, or I have thoughts about ending things. It scares me.

Patient 218

Score: 18/27

Severity: Moderately Severe

Q1: Nothing interests me at all anymore. Nearly every day is just empty. I don't feel anything when I try to do things I used to love.

Q2: Every day feels hopeless. Nearly every single day I'm stuck in this dark depression. I can't remember the last time I felt okay.

Q3: My sleep is completely destroyed. Nearly every night I'm either awake for hours or oversleeping by a huge amount. Nothing helps.

Q4: I'm exhausted constantly. Nearly every day I have absolutely no energy. Everything feels impossible.

Q5: I'm overeating almost every day. It's like I'm trying to fill this emptiness with food. Nearly every day I eat way too much.

Q6: I hate myself. Nearly every day I'm overwhelmed with feelings of worthlessness and shame. I feel like I've failed at everything.

Q7: More than half the days I can't concentrate at all. My mind is foggy and I can't follow simple things anymore.

Q8: I'm restless and agitated more than half the week. I can't sit still. I pace around constantly because I feel so anxious and uncomfortable in my own skin.

Q9: I have thoughts about hurting myself several times a week. Sometimes I think everyone would be better off if I was gone.

Patient 219

Score: 26/27

Severity: Severe

Q1: There's absolutely nothing that brings me any joy. Nearly every day I feel completely dead inside. I can't remember what pleasure feels like.

Q2: Every single day I'm drowning in hopelessness and despair. Nearly every day the depression is so heavy I can barely function.

Q3: I either don't sleep at all or sleep all day. Nearly every day my sleep is completely dysfunctional. I'm trapped in this exhausted state no matter what.

Q4: I have zero energy. Nearly every day I can barely move. Taking a shower feels like climbing a mountain. I'm completely depleted.

Q5: I've stopped eating properly. Nearly every day I either don't eat at all or barely pick at food. I've lost significant weight.

Q6: Every single day I'm consumed with self-hatred. Nearly every day I believe I'm worthless and have destroyed everything. The guilt is crushing.

Q7: I can't think straight anymore. Nearly every day I can't concentrate on anything. My mind is either completely blank or spiraling with terrible thoughts.

Q8: I'm moving like a zombie. Nearly every day I'm so slow and sluggish that everyone notices. I can barely speak. Everything is in slow motion.

Q9: Nearly every day I think about dying. I have detailed thoughts about ending my life. Sometimes I think about specific ways to do it. These thoughts are constant and terrifying.

Patient 220

Score: 27/27

Severity: Severe

Q1: I feel nothing. Nearly every day there's just this void where my interests used to be. I don't care about anything anymore.

Q2: The hopelessness is overwhelming. Nearly every single day I feel completely depressed and trapped in this darkness.

Q3: Sleep is impossible. Nearly every day I'm either lying awake all night tormented by my thoughts or sleeping 16 hours and waking up feeling worse.

Q4: I'm completely drained. Nearly every day I have absolutely no energy to do anything. I feel physically and emotionally depleted.

Q5: Food has no meaning. Nearly every day I either force myself to eat a little or don't eat at all. I've stopped caring.

Q6: I'm drowning in shame and self-loathing. Nearly every day I'm convinced I'm a complete failure who has ruined everything and everyone around me.

Q7: My mind doesn't work anymore. Nearly every day I can't focus, can't think clearly, can't process anything. It's like my brain has shut down.

Q8: Everything I do is in slow motion. Nearly every day people comment on how slow I'm moving or talking. I feel like I'm underwater.

Q9: I think about suicide every day. Nearly every day I have thoughts about killing myself and how I would do it. I don't know how much longer I can fight these thoughts.

Patient 221**Score: 8/27****Severity: Mild**

Q1: Things I used to enjoy, like gardening or coffee with friends, just don't excite me as much anymore.

Q2: I've been feeling kind of low lately—maybe three or four days a week—but it's not constant.

Q3: My sleep's been off—I wake up early and can't fall back asleep, even when I'm tired.

Q4: I feel a little sluggish, like I'm dragging myself through the day.

Q5: I've lost a bit of appetite; meals feel like a chore sometimes.

Q6: Occasionally I think, 'What's the point?' but I don't really dwell on it.

Q7: It's harder to concentrate at work—I reread emails two or three times.

Q8: I've cut back on some activities because I just don't have the energy.

Q9: No thoughts of self-harm at all—I'd never do that.

Patient 222**Score: 24/27****Severity: Severe**

Q1: I haven't enjoyed anything in weeks. Music, food, talking—it all feels meaningless.

Q2: Nearly every day, I feel empty inside—like there's nothing left to feel.

Q3: I barely sleep—maybe 3 or 4 hours a night—and I lie awake thinking about how worthless I am.

Q4: I move so slowly people have asked if I'm sick. Even brushing my teeth takes effort.

Q5: I've lost so much weight because I forget to eat. Sometimes I go a whole day without food.

Q6: I truly believe my family would be better off without me. I'm just a burden.

Q7: I can't focus long enough to read a paragraph. My mind is either racing or completely blank.

Q8: I've stopped doing everything—no hobbies, no calls, no walks. What's the point?

Q9: I've thought seriously about ending my life almost every day this week. I haven't made a plan, but the urge is strong.

Patient 223**Score: 2/27****Severity: None/Minimal**

Q1: I still enjoy watching movies and walking my dog—they lift my mood a little.

Q2: I've felt down maybe once or twice this week, but mostly I'm okay.

Q3: Sleep's been fine—about 7 hours most nights.

Q4: I feel normal physically—no real fatigue or restlessness.

Q5: My appetite hasn't changed much.

Q6: I haven't had any feelings of worthlessness or guilt.

Q7: I can concentrate well enough for work and daily tasks.

Q8: I've kept up with my usual routines and interests.

Q9: Absolutely no thoughts of hurting myself—never have.

Patient 224**Score: 13/27****Severity: Moderate**

Q1: I don't get pleasure from things like cooking or listening to music anymore—it's like the joy's gone.

Q2: I've felt sad or hopeless more days than not over the past two weeks.

Q3: I've been sleeping too much—10+ hours—but still feel wiped out by noon.

Q4: I feel weighed down, like walking through wet sand all day.

Q5: I've been stress-eating junk food nonstop. My clothes are getting tight.

Q6: I keep thinking I've failed everyone—my kids, my partner. I should be doing better.

Q7: At work, I make careless mistakes because my mind wanders constantly.

Q8: I canceled plans with friends twice this week because I couldn't face being around people.

Q9: I've had fleeting thoughts like 'I wish I wasn't here,' but no real intention to act on them.

Patient 225

Score: 18/27

Severity: Moderately Severe

Q1: Nothing brings me joy anymore—not even seeing my grandkids, which breaks my heart.

Q2: I've felt down almost every day—like a gray fog I can't shake.

Q3: I toss and turn all night. When I finally sleep, I have nightmares.

Q4: I feel physically heavy—getting out of bed feels like climbing a mountain.

Q5: I've lost about 8 pounds in two weeks because food tastes like cardboard.

Q6: I'm convinced I'm a disappointment to everyone who cares about me.

Q7: I can't follow conversations anymore. My wife says I seem 'checked out.'

Q8: I haven't played piano—a lifelong passion—in over a month. Can't even look at the keys.

Q9: I've thought about suicide several times this week. I haven't planned anything, but the idea feels tempting.

Patient 226

Score: 5/27

Severity: Mild

Q1: I still enjoy hiking on weekends, though I've skipped one trip recently because I was tired.

Q2: I've felt a bit blue a couple of times this week, especially on Sunday evenings.

Q3: I've had some trouble falling asleep, but it's only happened a few nights.

Q4: I've felt slightly more tired than usual, but nothing major.

Q5: My appetite's been normal—maybe ate a little less during a stressful workday.

Q6: I haven't felt worthless, though I did beat myself up over a small mistake at work.

Q7: Concentration's been okay—just a bit distracted during meetings.

Q8: I've kept up with most of my usual activities, though I declined one social invite.

Q9: Zero thoughts of self-harm—never crossed my mind.

Patient 227

Score: 26/27

Severity: Severe

Q1: I used to love painting, but now my brushes gather dust. The thought of creating anything makes me anxious.

Q2: I've felt hopeless nearly every single day—like there's no light at the end of the tunnel.

Q3: I either sleep 12 hours straight or lie awake all night—no middle ground.

Q4: I move so slowly my coworkers have noticed. Sometimes I sit frozen at my desk for minutes.

Q5: I've lost interest in eating altogether. My roommate has to remind me to have dinner.

Q6: I truly believe the world would be better without me. I've ruined too many things.

Q7: I can't remember what I read five minutes ago. My brain feels broken.

Q8: I've isolated myself completely—haven't left my apartment except for groceries in 10 days.

Q9: I've researched methods online and thought about when and how I'd do it. I haven't acted, but I'm close.

Patient 228

Score: 7/27

Severity: Mild

Q1: I still enjoy coffee with my sister, but I've lost interest in my book club.

Q2: I've felt down about half the days this week—usually in the afternoons.

Q3: I've been waking up earlier than usual and can't get back to sleep.

Q4: I feel a bit more fatigued than normal, especially after work.

Q5: My appetite's decreased a little—I skip breakfast most days.

Q6: I occasionally think I'm not good enough, but I try to push those thoughts away.

Q7: It's a little harder to stay focused during long tasks, but I manage.

Q8: I've reduced some social plans, but I still go to my weekly yoga class.

Q9: No thoughts of self-harm whatsoever.

Patient 229

Score: 16/27

Severity: Moderately Severe

Q1: I get zero enjoyment from anything—even my dog's excitement doesn't lift my mood.

Q2: I've felt sad or empty almost every day for the past three weeks.

Q3: I sleep 14 hours some days and still feel exhausted. Other days, I'm wide awake until 4 a.m.

Q4: I feel physically agitated sometimes, pacing my room for no reason, then crash into total lethargy.

Q5: I've gained weight from emotional eating—cookies, chips, anything to numb the pain.

Q6: I'm convinced I'm a failure as a parent and partner. My guilt is overwhelming.

Q7: I can't follow TV plots anymore. My mind drifts constantly.

Q8: I've stopped attending church and quit volunteering—both were huge parts of my life.

Q9: I've had passive thoughts like 'I hope I don't wake up,' but no active plans.

Patient 230

Score: 0/27

Severity: None/Minimal

Q1: I've been enjoying my new photography hobby and weekend hikes.

Q2: I've felt perfectly fine emotionally—no sadness or hopelessness at all.

Q3: Sleep has been consistent—7–8 hours nightly, feel rested.

Q4: Energy levels are good—I went for a run three times this week.

Q5: Appetite is normal; I even tried a new recipe last night!

Q6: I feel confident and worthy; no negative self-talk.

Q7: Focus is sharp—I finished a big project ahead of schedule.

Q8: I've stayed engaged in all my usual activities and even joined a trivia team.

Q9: Never had and never would consider harming myself.

Patient 231

Score: 0/27

Severity: None/Minimal

Q1: I'm doing great. I enjoy my daily routine and feel fulfilled.

Q2: I feel happy and optimistic about the future.

Q3: I sleep soundly every night without any issues.

Q4: My energy is excellent. I feel vibrant and active.

Q5: I have a healthy appetite and enjoy my meals.

Q6: I'm proud of who I am and what I've accomplished.

Q7: My focus is excellent. I'm very productive.

Q8: I move and speak normally with good energy.

Q9: I've never had such thoughts. Life is good.

Patient 232

Score: 1/27

Severity: None/Minimal

Q1: I still find joy in most activities, maybe slightly less on one or two days.

Q2: I've had one down day this week, but it passed quickly.

Q3: Sleep is good, just one restless night recently.

Q4: Energy is normal, maybe a bit low on one day.

Q5: Appetite is fine, no changes.

Q6: I feel good about myself overall.

Q7: Concentration is good, just minor distractions.

Q8: No changes in movement or speech.

Q9: No such thoughts at all.

Patient 233

Score: 4/27

Severity: None/Minimal

Q1: Most things interest me, though a couple days I felt less motivated.

Q2: I've felt a bit down a few days, nothing major.

Q3: Had trouble sleeping two nights this week.

Q4: Felt tired on a few days, but manageable.

Q5: Eating normally, maybe snacked more once or twice.

Q6: Occasionally self-critical, but not often.

Q7: Focus dips sometimes, but I can refocus.

Q8: Moving normally, no issues.

Q9: Never had those thoughts.

Patient 234

Score: 6/27

Severity: Mild

Q1: I've lost some interest in hobbies, maybe half the week.

Q2: Feeling down several days, but not constantly.

Q3: Sleep is disrupted a few nights weekly.

Q4: Energy is lower than usual, noticeable several days.

Q5: Appetite has decreased slightly.

Q6: Sometimes feel I'm not doing enough.

Q7: Concentration takes more effort lately.

Q8: No physical changes noticed.

Q9: No thoughts of self-harm.

Patient 235

Score: 9/27

Severity: Mild

Q1: Things don't excite me like before, happens most days.

Q2: I feel sad more often than not lately.

Q3: Waking up early most nights, can't get back to sleep.

Q4: Tired most days, dragging through routines.

Q5: Eating less, skipping meals regularly.

Q6: Feel like I'm disappointing people often.

Q7: Hard to focus, mind wanders frequently.

Q8: Moving a bit slower, people haven't mentioned it.

Q9: No thoughts of hurting myself.

Patient 236

Score: 11/27

Severity: Moderate

Q1: I've stopped enjoying most activities I used to love.

Q2: Feel hopeless more than half the days.

Q3: Sleep is poor, either too much or too little.

Q4: Exhausted most days, everything feels hard.

Q5: Appetite is off, eating irregularly.

Q6: Feel like a failure several days a week.

Q7: Can't concentrate well, affecting work.

Q8: Feel sluggish but not extremely slow.

Q9: Had fleeting thoughts of not existing, but wouldn't act.

Patient 237

Score: 15/27

Severity: Moderately Severe

- Q1: No interest in anything anymore, most days feel empty.
Q2: Depressed nearly every day, feels constant.
Q3: Sleep is terrible, wake up exhausted always.
Q4: No energy at all, can barely function.
Q5: Barely eating, lost noticeable weight.
Q6: Feel worthless and guilty constantly.
Q7: Can't focus on anything, mind is foggy.
Q8: Moving very slowly, others have noticed.
Q9: Thoughts of death occur, but no plans.

Patient 238

Score: 20/27

Severity: Severe

- Q1: Everything feels pointless, no joy in anything daily.
Q2: Hopeless every single day, crushing feeling.
Q3: Can't sleep or sleep too much, every night is bad.
Q4: Completely drained, getting up is impossible.
Q5: Food has no appeal, forcing myself to eat.
Q6: Hate myself, feel like a burden always.
Q7: Can't think clearly, brain feels broken.
Q8: Extremely slow, people constantly ask if I'm okay.
Q9: Think about ending it frequently, scares me.

Patient 239

Score: 0/27

Severity: None/Minimal

- Q1: I enjoy my work and hobbies fully.
Q2: Feeling positive and content with life.
Q3: Sleeping well, 8 hours nightly.
Q4: Energy is high, very productive.
Q5: Eating well, enjoying food.
Q6: Feel confident and capable.
Q7: Sharp focus, completing tasks easily.
Q8: Active and energetic in movement.
Q9: Never considered self-harm.

Patient 240

Score: 1/27

Severity: None/Minimal

- Q1: Mostly interested in things, one day felt off.
Q2: Generally happy, one brief sad moment.
Q3: Sleep is good, maybe one night of light sleep.
Q4: Energy is normal throughout the week.
Q5: Appetite unchanged.
Q6: Feel good about myself.
Q7: Concentrating well on tasks.
Q8: No physical changes.
Q9: No harmful thoughts.

Patient 241

Score: 3/27

Severity: None/Minimal

- Q1: Interest is slightly lower on some days.
Q2: Felt down a couple times, brief moments.
Q3: Few nights of tossing and turning.
Q4: Bit more tired than usual some days.
Q5: Eating normally, no real changes.
Q6: Occasionally doubt myself, but it passes.
Q7: Focus is mostly good, minor lapses.
Q8: Moving normally.
Q9: No thoughts of self-harm.

Patient 242

Score: 7/27

Severity: Mild

- Q1: Less excited about activities several days weekly.
Q2: Down mood several days, noticeable.
Q3: Sleep issues a few nights each week.
Q4: Lower energy affecting daily tasks.
Q5: Appetite decreased, eating less.
Q6: Self-critical thoughts several times weekly.
Q7: Harder to concentrate at times.
Q8: No movement changes.
Q9: No suicidal thoughts.

Patient 243

Score: 10/27

Severity: Moderate

- Q1: Don't enjoy much anymore, more than half the time.
Q2: Feel sad and empty most days.
Q3: Sleep is disrupted more nights than not.
Q4: Tired nearly every day, struggling.
Q5: Eating much less, losing weight.
Q6: Feel like I'm failing, happens often.
Q7: Concentration is poor, affecting everything.
Q8: Feel a bit slowed down.
Q9: Occasional thoughts of not being here, but fleeting.

Patient 244

Score: 14/27

Severity: Moderate

- Q1: Almost no interest in anything, daily.
Q2: Depressed most days, heavy feeling.
Q3: Sleep is very poor, rarely restful.
Q4: Exhausted constantly, can barely manage.
Q5: Appetite is very low, skipping meals.
Q6: Feel worthless most of the time.
Q7: Can't focus, mind is blank often.
Q8: Moving slower, it's noticeable.
Q9: Thoughts of death several times weekly.

Patient 245

Score: 17/27

Severity: Moderately Severe

- Q1: Nothing brings pleasure, nearly every day.
Q2: Hopeless almost daily, can't see improvement.

- Q3: Sleep is severely disrupted every night.
Q4: No energy, everything is overwhelming.
Q5: Barely eating, significant weight loss.
Q6: Intense guilt and worthlessness daily.
Q7: Cannot concentrate at all anymore.
Q8: Very slow movements, people comment.
Q9: Frequent thoughts of ending life, but no plan.

Patient 246

Score: 23/27

Severity: Severe

- Q1: Complete loss of interest, every single day.
Q2: Profound hopelessness, unrelenting daily.
Q3: Sleep is impossible, tormented nightly.
Q4: Zero energy, can't get out of bed.
Q5: Not eating, food is repulsive.
Q6: Deep self-hatred, feel like a failure.
Q7: Mind is completely foggy, can't process.
Q8: Extremely slowed, like moving through mud.
Q9: Suicidal thoughts daily, have considered methods.

Patient 247

Score: 0/27

Severity: None/Minimal

- Q1: Life feels good, enjoying everything.
Q2: Mood is stable and positive.
Q3: Sleep is restful and consistent.
Q4: Full of energy and motivation.
Q5: Healthy appetite, eating well.
Q6: Feel worthy and accomplished.
Q7: Excellent concentration and focus.
Q8: Active and energetic.
Q9: No thoughts of harm ever.

Patient 248

Score: 1/27

Severity: None/Minimal

- Q1: Enjoying most things, very minor dip once.
Q2: Happy overall, one moment of sadness.
Q3: Sleep is excellent most nights.
Q4: Energy is good, one low day.
Q5: Appetite is normal.
Q6: Feel positive about myself.
Q7: Focus is strong.
Q8: No physical issues.
Q9: Never had harmful thoughts.

Patient 249

Score: 3/27

Severity: None/Minimal

- Q1: Interest is good, slightly less a few days.
Q2: Felt down briefly twice this week.
Q3: Sleep had minor issues two nights.
Q4: Energy dipped on a couple days.

- Q5: Eating normally overall.
Q6: Mostly confident, one moment of doubt.
Q7: Concentration is good with minor lapses.
Q8: Moving normally.
Q9: No self-harm thoughts.

Patient 250

Score: 6/27

Severity: Mild

- Q1: Less interested in things several days.
Q2: Down several days this week.
Q3: Sleep problems a few nights.
Q4: Tired more often than usual.
Q5: Appetite is slightly reduced.
Q6: Self-doubt several times.
Q7: Focus requires more effort.
Q8: No changes in movement.
Q9: No suicidal ideation.

Patient 251

Score: 10/27

Severity: Moderate

- Q1: Not enjoying activities, more than half the week.
Q2: Sad most days, persistent feeling.
Q3: Sleep is poor most nights.
Q4: Low energy most days.
Q5: Eating less, noticeable change.
Q6: Feel inadequate often.
Q7: Concentration is difficult.
Q8: Slightly slower pace.
Q9: Brief thoughts of not existing.

Patient 252

Score: 13/27

Severity: Moderate

- Q1: Very little interest, almost daily.
Q2: Depressed nearly every day.
Q3: Sleep is very disrupted.
Q4: Exhausted all the time.
Q5: Appetite is very poor.
Q6: Feel like a failure constantly.
Q7: Can't focus properly.
Q8: Moving noticeably slower.
Q9: Thoughts of death regularly.

Patient 253

Score: 16/27

Severity: Moderately Severe

- Q1: No pleasure in anything, daily.
Q2: Hopeless every day.
Q3: Sleep is terrible nightly.
Q4: No energy whatsoever.
Q5: Not eating properly.
Q6: Overwhelming worthlessness.

Q7: Cannot concentrate.

Q8: Very slow, others notice.

Q9: Frequent death thoughts, no plan yet.

Patient 254

Score: 22/27

Severity: Severe

Q1: Total emptiness, nothing matters.

Q2: Crushing hopelessness daily.

Q3: Sleep is impossible or excessive.

Q4: Completely depleted of energy.

Q5: Food is meaningless.

Q6: Profound self-loathing.

Q7: Mind doesn't work.

Q8: Extremely slow, like a zombie.

Q9: Suicidal thoughts with methods considered.

Patient 255

Score: 0/27

Severity: None/Minimal

Q1: Everything is wonderful, very engaged.

Q2: Feeling joyful and optimistic.

Q3: Sleep is perfect.

Q4: Energy is abundant.

Q5: Eating healthily and enjoying it.

Q6: Very confident and happy.

Q7: Focus is exceptional.

Q8: Very active and energetic.

Q9: Never had such thoughts.

Patient 256

Score: 1/27

Severity: None/Minimal

Q1: Mostly enjoying life, one off day.

Q2: Generally content, brief sadness.

Q3: Sleep is good overall.

Q4: Energy is normal.

Q5: Appetite is fine.

Q6: Feel good about myself.

Q7: Concentrating well.

Q8: No physical changes.

Q9: No harmful thoughts.

Patient 257

Score: 4/27

Severity: None/Minimal

Q1: Interest is mostly there, dips occasionally.

Q2: Down a couple times, passes quickly.

Q3: Sleep issues on a few nights.

Q4: Tired some days.

Q5: Eating normally.

Q6: Occasional self-criticism.

Q7: Focus is mostly good.

Q8: Moving normally.

Q9: No self-harm thoughts.

Patient 258

Score: 7/27

Severity: Mild

Q1: Less interested several days weekly.

Q2: Feeling down several days.

Q3: Sleep disrupted several nights.

Q4: Lower energy affecting me.

Q5: Eating less than before.

Q6: Self-critical thoughts often.

Q7: Concentration takes effort.

Q8: No movement issues.

Q9: No suicidal thoughts.

Patient 259

Score: 11/27

Severity: Moderate

Q1: Not enjoying much, most of the time.

Q2: Sad and empty most days.

Q3: Sleep is poor most nights.

Q4: Tired nearly every day.

Q5: Appetite is reduced significantly.

Q6: Feel like I'm failing often.

Q7: Hard to concentrate.

Q8: Feel somewhat slowed.

Q9: Fleeting thoughts of not existing.

Patient 260

Score: 14/27

Severity: Moderate

Q1: Almost no interest, daily occurrence.

Q2: Depressed most days.

Q3: Sleep is very poor.

Q4: Exhausted constantly.

Q5: Barely eating.

Q6: Feel worthless most days.

Q7: Can't focus well.

Q8: Moving slower, noticeable.

Q9: Death thoughts several times weekly.

Patient 261

Score: 18/27

Severity: Moderately Severe

Q1: No pleasure at all, every day.

Q2: Hopeless nearly every day.

Q3: Sleep is severely disrupted.

Q4: No energy for anything.

Q5: Not eating properly, losing weight.

Q6: Intense worthlessness.

Q7: Cannot concentrate.

Q8: Very slow, people comment.

Q9: Frequent thoughts of ending life.

Patient 262

Score: 24/27

Severity: Severe

- Q1: Complete void, nothing matters.
Q2: Overwhelming hopelessness daily.
Q3: Sleep is impossible.
Q4: Totally drained.
Q5: Food has no meaning.
Q6: Deep self-hatred.
Q7: Mind is shut down.
Q8: Extremely slow movements.
Q9: Daily suicidal thoughts, considering methods.

Patient 263

Score: 0/27

Severity: None/Minimal

- Q1: Life is great, fully engaged.
Q2: Very happy and positive.
Q3: Sleeping excellently.
Q4: High energy levels.
Q5: Healthy eating habits.
Q6: Feel accomplished.
Q7: Sharp focus.
Q8: Active lifestyle.
Q9: Never considered harm.

Patient 264

Score: 1/27

Severity: None/Minimal

- Q1: Enjoying things, minimal dip.
Q2: Happy most of the time.
Q3: Sleep is good.
Q4: Energy is normal.
Q5: Appetite unchanged.
Q6: Feel confident.
Q7: Good concentration.
Q8: No physical issues.
Q9: No harmful thoughts.

Patient 265

Score: 3/27

Severity: None/Minimal

- Q1: Interest is good, slight decrease sometimes.
Q2: Down briefly a couple times.
Q3: Few nights of poor sleep.
Q4: Tired on some days.
Q5: Eating normally.
Q6: Mostly positive self-view.
Q7: Focus is good overall.
Q8: Moving normally.
Q9: No self-harm thoughts.

Patient 266

Score: 6/27

Severity: Mild

Q1: Less interested several days.
Q2: Down mood several days.
Q3: Sleep issues several nights.
Q4: Energy is lower.
Q5: Appetite decreased.
Q6: Self-doubt occurs.
Q7: Harder to focus.
Q8: No movement changes.
Q9: No suicidal thoughts.

Patient 267

Score: 9/27

Severity: Mild

Q1: Not enjoying activities much, more than half the time.
Q2: Sad most days.
Q3: Poor sleep most nights.
Q4: Low energy most days.
Q5: Eating less.
Q6: Feel inadequate often.
Q7: Concentration is difficult.
Q8: Slightly slower.
Q9: Brief thoughts of not being here.

Patient 268

Score: 13/27

Severity: Moderate

Q1: Very little interest, almost daily.
Q2: Depressed nearly daily.
Q3: Sleep is very disrupted.
Q4: Exhausted all the time.
Q5: Appetite very poor.
Q6: Feel like a failure.
Q7: Can't focus.
Q8: Moving slower.
Q9: Death thoughts regularly.

Patient 269

Score: 17/27

Severity: Moderately Severe

Q1: No pleasure, every day.
Q2: Hopeless daily.
Q3: Sleep terrible nightly.
Q4: No energy.
Q5: Not eating well.
Q6: Overwhelming worthlessness.
Q7: Cannot concentrate.
Q8: Very slow.
Q9: Frequent death thoughts.

Patient 270

Score: 25/27

Severity: Severe

Q1: Total emptiness daily.
Q2: Crushing hopelessness.

Q3: Sleep impossible.
Q4: Completely drained.
Q5: Food meaningless.
Q6: Profound self-loathing.
Q7: Mind doesn't work.
Q8: Extremely slow.
Q9: Suicidal thoughts with methods.

Patient 271

Score: 0/27

Severity: None/Minimal

Q1: Fully engaged in life.
Q2: Feeling wonderful.
Q3: Perfect sleep.
Q4: Abundant energy.
Q5: Eating well.
Q6: Very confident.
Q7: Exceptional focus.
Q8: Very active.
Q9: Never had harmful thoughts.

Patient 272

Score: 1/27

Severity: None/Minimal

Q1: Enjoying most things.
Q2: Generally happy.
Q3: Sleep is good.
Q4: Normal energy.
Q5: Appetite fine.
Q6: Feel good.
Q7: Concentrating well.
Q8: No issues.
Q9: No harmful thoughts.

Patient 273

Score: 4/27

Severity: None/Minimal

Q1: Interest mostly there.
Q2: Down briefly twice.
Q3: Few sleep issues.
Q4: Tired sometimes.
Q5: Eating normally.
Q6: Occasional doubt.
Q7: Focus mostly good.
Q8: Moving normally.
Q9: No self-harm thoughts.

Patient 274

Score: 7/27

Severity: Mild

Q1: Less interested some days.
Q2: Down several days.
Q3: Sleep disrupted sometimes.
Q4: Lower energy.

- Q5: Eating less.
- Q6: Self-critical at times.
- Q7: Concentration takes effort.
- Q8: No movement issues.
- Q9: No suicidal thoughts.

Patient 275

Score: 10/27

Severity: Moderate

- Q1: Not enjoying much, most days.
- Q2: Sad most days.
- Q3: Poor sleep often.
- Q4: Tired nearly daily.
- Q5: Appetite reduced.
- Q6: Feel like failing.
- Q7: Hard to concentrate.
- Q8: Somewhat slowed.
- Q9: Fleeting negative thoughts.

Patient 276

Score: 14/27

Severity: Moderate

- Q1: Almost no interest.
- Q2: Depressed most days.
- Q3: Very poor sleep.
- Q4: Constantly exhausted.
- Q5: Barely eating.
- Q6: Feel worthless.
- Q7: Can't focus.
- Q8: Moving slower.
- Q9: Death thoughts weekly.

Patient 277

Score: 19/27

Severity: Moderately Severe

- Q1: No pleasure daily.
- Q2: Hopeless nearly daily.
- Q3: Sleep severely disrupted.
- Q4: No energy.
- Q5: Not eating properly.
- Q6: Intense worthlessness.
- Q7: Cannot concentrate.
- Q8: Very slow.
- Q9: Frequent ending thoughts.

Patient 278

Score: 26/27

Severity: Severe

- Q1: Complete void.
- Q2: Overwhelming hopelessness.
- Q3: Sleep impossible.
- Q4: Totally drained.
- Q5: Food meaningless.
- Q6: Deep self-hatred.

Q7: Mind shut down.

Q8: Extremely slow.

Q9: Daily suicidal thoughts.

Patient 279

Score: 0/27

Severity: None/Minimal

Q1: Life is excellent.

Q2: Very positive mood.

Q3: Sleeping great.

Q4: High energy.

Q5: Healthy appetite.

Q6: Feel accomplished.

Q7: Sharp focus.

Q8: Active.

Q9: Never harmful thoughts.

Patient 280

Score: 1/27

Severity: None/Minimal

Q1: Enjoying things well.

Q2: Happy overall.

Q3: Good sleep.

Q4: Normal energy.

Q5: Appetite unchanged.

Q6: Feel confident.

Q7: Good focus.

Q8: No issues.

Q9: No harmful thoughts.

Patient 281

Score: 3/27

Severity: None/Minimal

Q1: Interest good, slight dips.

Q2: Down couple times.

Q3: Few poor sleep nights.

Q4: Tired some days.

Q5: Eating normally.

Q6: Mostly positive.

Q7: Focus good.

Q8: Moving normally.

Q9: No self-harm thoughts.

Patient 282

Score: 6/27

Severity: Mild

Q1: Less interested several days.

Q2: Down several days.

Q3: Sleep issues several nights.

Q4: Energy lower.

Q5: Appetite decreased.

Q6: Self-doubt occurs.

Q7: Harder focus.

Q8: No movement changes.

Q9: No suicidal thoughts.

Patient 283

Score: 9/27

Severity: Mild

Q1: Not enjoying much, more than half time.

Q2: Sad most days.

Q3: Poor sleep most nights.

Q4: Low energy most days.

Q5: Eating less.

Q6: Feel inadequate.

Q7: Concentration difficult.

Q8: Slightly slower.

Q9: Brief negative thoughts.

Patient 284

Score: 12/27

Severity: Moderate

Q1: Very little interest.

Q2: Depressed nearly daily.

Q3: Sleep very disrupted.

Q4: Exhausted always.

Q5: Appetite very poor.

Q6: Feel like failure.

Q7: Can't focus.

Q8: Moving slower.

Q9: Death thoughts regularly.

Patient 285

Score: 16/27

Severity: Moderately Severe

Q1: No pleasure daily.

Q2: Hopeless daily.

Q3: Sleep terrible.

Q4: No energy.

Q5: Not eating well.

Q6: Overwhelming worthlessness.

Q7: Cannot concentrate.

Q8: Very slow.

Q9: Frequent death thoughts.

Patient 286

Score: 21/27

Severity: Severe

Q1: Total emptiness.

Q2: Crushing hopelessness.

Q3: Sleep impossible.

Q4: Completely drained.

Q5: Food meaningless.

Q6: Profound self-loathing.

Q7: Mind doesn't work.

Q8: Extremely slow.

Q9: Suicidal thoughts with plans.

Patient 287	Score: 0/27	Severity: None/Minimal
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Q1: Fully engaged.
Q2: Feeling wonderful.
Q3: Perfect sleep.
Q4: Abundant energy.
Q5: Eating well.
Q6: Very confident.
Q7: Exceptional focus.
Q8: Very active.
Q9: Never harmful thoughts.

Patient 288	Score: 2/27	Severity: None/Minimal
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Q1: Enjoying most things.
Q2: Generally happy.
Q3: Sleep good.
Q4: Normal energy.
Q5: Appetite fine.
Q6: Feel good.
Q7: Concentrating well.
Q8: No issues.
Q9: No harmful thoughts.

Patient 289	Score: 4/27	Severity: None/Minimal
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Q1: Interest mostly there.
Q2: Down briefly.
Q3: Few sleep issues.
Q4: Tired sometimes.
Q5: Eating normally.
Q6: Occasional doubt.
Q7: Focus mostly good.
Q8: Moving normally.
Q9: No self-harm thoughts.

Patient 290	Score: 8/27	Severity: Mild
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Q1: Less interested some days.
Q2: Down several days.
Q3: Sleep disrupted.
Q4: Lower energy.
Q5: Eating less.
Q6: Self-critical.
Q7: Concentration takes effort.
Q8: No movement issues.
Q9: No suicidal thoughts.

Patient 291	Score: 11/27	Severity: Moderate
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Q1: Not enjoying much.
Q2: Sad most days.
Q3: Poor sleep often.
Q4: Tired nearly daily.
Q5: Appetite reduced.
Q6: Feel like failing.
Q7: Hard to concentrate.
Q8: Somewhat slowed.
Q9: Fleeting thoughts.

Patient 292

Score: 15/27

Severity: Moderately Severe

Q1: Almost no interest.
Q2: Depressed most days.
Q3: Very poor sleep.
Q4: Constantly exhausted.
Q5: Barely eating.
Q6: Feel worthless.
Q7: Can't focus.
Q8: Moving slower.
Q9: Death thoughts weekly.

Patient 293

Score: 19/27

Severity: Moderately Severe

Q1: No pleasure.
Q2: Hopeless nearly daily.
Q3: Sleep severely disrupted.
Q4: No energy.
Q5: Not eating properly.
Q6: Intense worthlessness.
Q7: Cannot concentrate.
Q8: Very slow.
Q9: Frequent ending thoughts.

Patient 294

Score: 27/27

Severity: Severe

Q1: Complete void.
Q2: Overwhelming hopelessness.
Q3: Sleep impossible.
Q4: Totally drained.
Q5: Food meaningless.
Q6: Deep self-hatred.
Q7: Mind shut down.
Q8: Extremely slow.
Q9: Daily suicidal thoughts.

Patient 295

Score: 0/27

Severity: None/Minimal

Q1: Life excellent.
Q2: Very positive.

Q3: Sleeping great.
Q4: High energy.
Q5: Healthy appetite.
Q6: Feel accomplished.
Q7: Sharp focus.
Q8: Active.
Q9: Never harmful thoughts.

Patient 296

Score: 1/27

Severity: None/Minimal

Q1: Enjoying things.
Q2: Happy overall.
Q3: Good sleep.
Q4: Normal energy.
Q5: Appetite unchanged.
Q6: Feel confident.
Q7: Good focus.
Q8: No issues.
Q9: No harmful thoughts.

Patient 297

Score: 5/27

Severity: Mild

Q1: Interest good.
Q2: Down couple times.
Q3: Few poor nights.
Q4: Tired some days.
Q5: Eating normally.
Q6: Mostly positive.
Q7: Focus good.
Q8: Moving normally.
Q9: No self-harm thoughts.

Patient 298

Score: 8/27

Severity: Mild

Q1: Less interested.
Q2: Down several days.
Q3: Sleep issues.
Q4: Energy lower.
Q5: Appetite decreased.
Q6: Self-doubt.
Q7: Harder focus.
Q8: No movement changes.
Q9: No suicidal thoughts.

Patient 299

Score: 12/27

Severity: Moderate

Q1: Not enjoying much.
Q2: Sad most days.
Q3: Poor sleep.
Q4: Low energy.

Q5: Eating less.
Q6: Feel inadequate.
Q7: Concentration difficult.
Q8: Slightly slower.
Q9: Brief negative thoughts.

Patient 300

Score: 15/27

Severity: Moderately Severe

Q1: Very little interest.
Q2: Depressed nearly daily.
Q3: Sleep disrupted.
Q4: Exhausted always.
Q5: Appetite poor.
Q6: Feel like failure.
Q7: Can't focus.
Q8: Moving slower.
Q9: Death thoughts regularly.

Patient 301

Score: 24/27

Severity: Severe

Q1: I've been feeling down pretty much every single day. It's like there's this heavy weight on my chest that never goes away.
Q2: I don't enjoy anything anymore. Even things I used to love, like gardening and reading, feel completely pointless now.
Q3: I can barely sleep. I lie awake for hours every night, and when I do fall asleep, I wake up multiple times. I'm exhausted all the time.
Q4: I have no energy at all. Just getting out of bed feels impossible. Everything takes so much effort.
Q5: I've gained about 15 pounds because I can't stop eating. I just eat to feel something, anything different.
Q6: I feel like a complete failure. I hate myself and think everyone would be better off without me.
Q7: I can't concentrate on anything. I've tried to read the same page five times and can't remember what it says. Even watching TV is too hard.
Q8: I move so slowly now. My family has commented that I seem like I'm in slow motion, or sometimes I'm so agitated I can't sit still.
Q9: Yes, I've thought about it. I've thought about how I might do it and honestly, sometimes it feels like the only way out of this pain.

Patient 302

Score: 2/27

Severity: None/Minimal

Q1: I feel okay most days, though maybe once or twice a week I feel a bit blue.
Q2: Most things still interest me. I went to my book club last week and enjoyed it.
Q3: My sleep is generally fine. Maybe once a week I have trouble falling asleep, but nothing major.
Q4: I have my normal energy levels. I can do my daily activities without problems.
Q5: I feel okay about myself. I mean, nobody's perfect, but I'm doing alright.
Q6: I don't have trouble concentrating. Work has been going fine.
Q7: I haven't noticed any changes in how I move or speak.
Q8: I haven't had any thoughts like that. Life is good overall.

Q9: No, definitely not. I'm looking forward to my daughter's wedding next month.

Patient 303

Score: 12/27

Severity: Moderate

Q1: I've noticed I feel sad or empty maybe three or four days a week. It's not constant, but it's definitely more than usual.

Q2: I still do my hobbies, but I don't get the same enjoyment from them. It's like I'm going through the motions.

Q3: My sleep has been affected. I'd say about half the week I either can't fall asleep or I wake up too early.

Q4: I feel tired more often than not. I can still do what I need to do, but I definitely feel drained.

Q5: I've been eating less than usual. I've lost a few pounds without trying. Food just doesn't appeal to me much.

Q6: Sometimes I think I'm not doing enough or that I'm letting people down. It bothers me more than it should.

Q7: I've noticed it's harder to focus at work. I have to reread emails sometimes because my mind wanders.

Q8: I don't think I'm moving differently, but I do feel restless sometimes, like I need to keep busy.

Q9: I haven't had serious thoughts about hurting myself, but sometimes I think about how much easier things would be if I just wasn't here.

Patient 304

Score: 27/27

Severity: Severe

Q1: Every single day feels dark. I wake up feeling hopeless and go to bed feeling the same way.

Q2: Nothing brings me joy anymore. Not my kids, not my friends, not anything. It all feels empty.

Q3: Sleep is a nightmare. Some nights I don't sleep at all. Other nights I sleep 14 hours and still wake up exhausted.

Q4: I have absolutely zero energy. I've called in sick to work multiple times because I physically cannot get myself out of bed.

Q5: I've stopped eating regular meals. I've lost probably 20 pounds in the last two months. I just don't care about food.

Q6: I'm worthless. I've failed at everything—as a parent, as a spouse, as an employee. I genuinely believe people would be happier if I disappeared.

Q7: My brain feels like it's filled with fog. I can't make simple decisions. I forgot to pick up my kid from school last week because I just couldn't think straight.

Q8: My movements feel sluggish and heavy, like I'm moving through mud. My spouse says I barely respond when they talk to me.

Q9: I think about dying almost every day. I've researched methods and I have a plan. I don't know how much longer I can keep going like this.

Patient 305

Score: 16/27

Severity: Moderately Severe

Q1: I feel down a few days out of the week. It's noticeable but not overwhelming.

Q2: I can still enjoy things, but not as much as I used to. Like, I'll go out with friends but leave early because I'm just not feeling it.

Q3: I'd say more than half the week I have some kind of sleep issue—either falling asleep or staying asleep.

Q4: My energy is definitely lower than normal. I feel tired most days, even when I've slept okay.

Q5: My appetite has changed. I'm either eating way more than usual or barely eating at all. It varies.

Q6: I've been pretty hard on myself lately. I keep thinking about mistakes I've made and feeling like I'm not good enough.

Q7: Concentration is an issue. I've had to ask people to repeat themselves a lot, and I zone out during meetings.

Q8: I've been fidgeting a lot more than usual. My leg bounces constantly, and I feel on edge.

Q9: Occasionally I think life would be easier if I wasn't around, but I wouldn't actually do anything about it.

Patient 306

Score: 4/27

Severity: None/Minimal

Q1: Maybe a couple days a week I feel a little low, but it passes pretty quickly.

Q2: I still really enjoy my usual activities. I went hiking last weekend and had a great time.

Q3: I sleep pretty well. There might be one night a week where I toss and turn a bit, but that's about it.

Q4: My energy is generally good. I can keep up with everything I need to do.

Q5: My appetite is normal. I'm eating regularly and feel satisfied.

Q6: I feel pretty good about myself overall. Sure, I have moments of self-doubt, but doesn't everyone?

Q7: I can focus just fine. No issues at work or when reading or watching movies.

Q8: I haven't noticed any changes in how I move or talk.

Q9: No, I haven't had any thoughts like that at all.

Patient 307

Score: 18/27

Severity: Moderately Severe

Q1: I'd say several days a week I feel pretty low. It's starting to affect my mood more consistently.

Q2: Things I used to love don't interest me as much. I still do them, but they feel like chores now.

Q3: Most nights I have trouble sleeping. Either I can't fall asleep or I wake up in the middle of the night worrying.

Q4: I'm tired a lot. I can push through my day, but I'm dragging by afternoon.

Q5: I've been stress-eating lately. I've gained some weight and feel bad about it, which makes me eat more.

Q6: I keep thinking I'm not doing well enough—as a parent, at my job, in general. It weighs on me.

Q7: It's harder to concentrate than it used to be. I forget things more often and have to make lots of lists to stay on track.

Q8: I feel restless a lot. I pace around and have trouble sitting still, especially when I'm anxious.

Q9: Sometimes I wish I could just not exist for a while, just to get a break from everything. But I don't want to hurt myself.

Patient 308

Score: 8/27

Severity: Mild

Q1: A few days a week I feel sort of down, but it's manageable.

Q2: I still enjoy most things. Maybe not quite as much as before, but I'm still engaged in life.

Q3: I have occasional sleep issues, maybe two or three nights a week. Nothing too severe.

Q4: I feel a bit more tired than usual, but I can still get through my day without major problems.

Q5: My appetite is slightly off. Sometimes I'm hungrier than normal, sometimes less. It fluctuates.

Q6: I've been a little more self-critical lately. I sometimes feel like I'm not measuring up, but it's not constant.

Q7: My concentration isn't quite what it used to be. I find myself rereading things occasionally.

Q8: I don't think I'm moving any differently than normal.

Q9: No, I haven't had any thoughts about harming myself.

Patient 309

Score: 26/27

Severity: Severe

Q1: Almost every day I feel depressed. It's like a dark cloud that follows me everywhere.

Q2: I've lost interest in everything. Even spending time with my grandchildren, which used to be my favorite thing, feels like an obligation now.

Q3: My sleep is terrible. I'm lucky if I get three or four hours a night. I'm up at 3 AM most mornings just staring at the ceiling.

Q4: I'm exhausted all the time. Even simple tasks like taking a shower feel overwhelming and exhausting.

Q5: I've lost my appetite completely. I have to force myself to eat, and I've lost significant weight. My clothes don't fit anymore.

Q6: I feel like I'm a burden to everyone. I genuinely believe my family would be better off without me around.

Q7: I can barely think straight anymore. I can't remember simple things, and making decisions is nearly impossible.

Q8: Everything feels like it's in slow motion. It takes me forever to do anything, and people have noticed I barely speak anymore.

Q9: I've had thoughts about ending my life. Not just fleeting thoughts—I've actually considered how I would do it. I feel like I'm running out of reasons to keep going.

Patient 310

Score: 15/27

Severity: Moderately Severe

Q1: I feel down several days a week. It's definitely noticeable and affecting my mood.

Q2: I don't enjoy things as much as I used to. My favorite TV shows don't hold my interest, and I've stopped going to the gym.

Q3: More than half the nights each week I have sleep problems. Either I can't fall asleep or I wake up too early and can't get back to sleep.

Q4: I feel tired and drained most days. I can function, but everything takes more effort than it should.

Q5: I've been overeating, especially junk food. I think I'm eating to cope with stress, and I've gained weight.

Q6: I've been feeling pretty down on myself. I keep replaying my mistakes and feeling like I'm not good enough in any area of my life.

Q7: My concentration has taken a hit. I'll be in the middle of something and completely lose my train of thought. It's frustrating.

Q8: I've noticed I'm more fidgety than usual. I tap my fingers, bounce my leg, just feel generally unsettled.

Q9: I've had passing thoughts like 'maybe it would be better if I wasn't here,' but nothing serious. I wouldn't act on it.

Patient 311

Score: 18/27

Severity: Moderately Severe

Q1: I'd say most days I feel pretty down. It's been harder to shake off the sadness lately.

Q2: Yeah, I've lost interest in things I used to enjoy. Even hobbies feel like a chore now.

Q3: Sleep is all over the place. Some nights I can't fall asleep at all, other nights I sleep way too much.

Q4: I'm exhausted all the time. Even after sleeping, I wake up tired and it doesn't get better.

Q5: My appetite has changed. Sometimes I don't feel like eating at all, other times I overeat without really thinking.

Q6: I feel pretty worthless honestly. Like I'm letting everyone down, including myself.

Q7: It's hard to focus on anything. At work or even watching TV, my mind just wanders.

Q8: I've been moving slower, I think. People have commented that I seem sluggish or sometimes I'm fidgety and can't sit still.

Q9: I've had some dark thoughts... like maybe everyone would be better off without me. I haven't done anything, but the thoughts are there.

Patient 312

Score: 2/27

Severity: None/Minimal

Q1: Honestly, I feel okay most of the time. Maybe a little down once in a while, but nothing major.

Q2: Not really. I still enjoy the things I normally do – spending time with friends, my hobbies.

Q3: Sleep is fine. I get about 7-8 hours and feel rested.

Q4: Energy levels are good. I can get through my day without feeling drained.

Q5: My appetite is normal. I eat regularly and enjoy my meals.

Q6: I feel pretty good about myself. Sure, everyone has moments of doubt, but overall I'm confident.

Q7: No issues with concentration. I can focus on work and tasks without my mind wandering.

Q8: I move at a normal pace. Nothing unusual there.

Q9: No, nothing like that. I'm grateful to be alive and don't have those kinds of thoughts.

Patient 313

Score: 27/27

Severity: Severe

Q1: Every single day feels unbearable. I wake up and immediately feel this crushing weight of sadness.

Q2: I have zero interest in anything anymore. Nothing brings me joy – not my family, not my work, nothing.

Q3: Sleep is a nightmare. I barely sleep 2-3 hours a night, and even then it's restless. I'm up at all hours.

Q4: I have no energy whatsoever. Getting out of bed feels impossible. I'm exhausted beyond words.

Q5: I barely eat. Food tastes like nothing and I have to force myself to swallow anything.

Q6: I hate myself. I feel like a complete failure and burden to everyone around me.

Q7: I can't concentrate on anything. My mind is foggy and I can't complete even simple tasks.

Q8: I move so slowly now. Everything takes forever. Sometimes I notice I'm wringing my hands or pacing without realizing it.

Q9: Yes, I think about dying almost every day. I've thought about how I would do it. I feel like everyone would be relieved if I was gone.

Patient 314

Score: 7/27

Severity: Mild

Q1: I've felt a bit down here and there, maybe a couple days this week. Not constantly though.

Q2: Sometimes I don't feel like doing things, but I still do them and usually feel better once I start.

Q3: Sleep has been a little off. I've had trouble falling asleep a few nights, but it's not every night.

Q4: I'm a little more tired than usual. Nothing too bad, but I've noticed I need an extra coffee some days.

Q5: My appetite is mostly the same. Maybe I've eaten a bit less here and there, but nothing drastic.

Q6: I've had a few moments where I've been hard on myself, but I try not to dwell on it.

Q7: Concentration is mostly okay. Once or twice I caught myself zoning out, but I can refocus.

Q8: I think I'm moving normally. No one's said anything and I haven't noticed a change.

Q9: No, I don't have thoughts like that. I value my life.

Patient 315

Score: 16/27

Severity: Moderately Severe

Q1: More days than not, I feel low. It's been going on for weeks now and I can't seem to pull out of it.

Q2: I've definitely lost interest in things. I used to love reading and going out, but now I just can't be bothered.

Q3: Sleep is really inconsistent. Some nights I'm up till 3 AM, other nights I sleep 12 hours and still feel awful.

Q4: I'm tired pretty much all the time. It takes so much effort to do basic things.

Q5: I'm either not hungry at all or I'm stress-eating junk food. My eating habits are all messed up.

Q6: I feel like I'm not good enough. I keep thinking about my mistakes and how I've disappointed people.

Q7: Focusing is really hard. I'll read the same sentence five times and still not absorb it.

Q8: I've been moving slower. My coworkers have mentioned I seem distracted or delayed in responding.

Q9: Sometimes I think it would be easier if I wasn't here. Not that I'd do anything, but the thought crosses my mind.

Patient 316

Score: 13/27

Severity: Moderate

Q1: I feel down several days a week. It's noticeable but I can still function.

Q2: I've lost some interest in activities. I still do things, but they don't bring me the same joy.

Q3: I've had some trouble with sleep. I wake up in the middle of the night sometimes and can't get back to sleep.

Q4: My energy is lower than usual. By afternoon I'm pretty drained.

Q5: My appetite has decreased a bit. I'm eating, but smaller portions and less frequently.

Q6: I've been feeling down about myself. More self-critical than I used to be.

Q7: Concentration has been harder. I find myself getting distracted more easily at work.

Q8: I think I'm moving a bit slower than normal. I feel a bit sluggish.

Q9: I wouldn't say I have serious thoughts about harming myself, but sometimes I wonder if things would be better if I wasn't around. It's fleeting though.

Patient 317

Score: 1/27

Severity: None/Minimal

Q1: I feel fine most of the time. Maybe one day this past couple weeks I felt a bit off, but that's it.

Q2: Nope, I'm still enjoying everything I normally do. No loss of interest.

Q3: Sleep is great. I sleep well and wake up feeling refreshed.

Q4: My energy is totally normal. I feel good throughout the day.

Q5: Appetite is fine. I'm eating normally and enjoying my food.

Q6: I feel good about myself. I'm doing well at work and in my relationships.

Q7: No problems concentrating. I'm as focused as ever.

Q8: I move at my usual pace. Everything feels normal.

Q9: Absolutely not. I'm happy to be alive and have no thoughts like that.

Patient 318

Score: 26/27

Severity: Severe

Q1: Almost every day I feel depressed. The heaviness is constant and overwhelming.

Q2: I don't care about anything anymore. Even things I loved before feel meaningless now.

Q3: I can't sleep properly at all. I'm lucky if I get 3-4 hours, and even that is broken sleep.

Q4: I'm completely drained. I have zero energy to do anything. Even showering feels like climbing a mountain.

Q5: I've lost my appetite completely. I might eat once a day if someone reminds me, but food holds no appeal.

Q6: I feel worthless and like a burden. I genuinely believe I'm a failure and everyone would be happier without me.

Q7: I can't focus on anything. My thoughts are scattered and I can't complete even the simplest task.

Q8: I'm moving very slowly. People have asked if I'm okay because I seem so slowed down. Sometimes I pace anxiously.

Q9: Yes, I think about death constantly. I've made plans in my head. I feel like dying would be a relief for me and everyone else.

Patient 319

Score: 11/27

Severity: Moderate

Q1: I've felt low a handful of days over the past two weeks. Not all the time, but it's there.

Q2: I've noticed I'm less enthusiastic about things, but I still participate. It just takes more effort.

Q3: I've had a few nights where I couldn't fall asleep easily, or I woke up earlier than I wanted to.

Q4: I'm more tired than I'd like to be. I need more rest breaks during the day.

Q5: My appetite isn't what it used to be. I'm eating less, but I'm still eating regularly.

Q6: I've been harder on myself lately. Some negative self-talk, but I try to challenge it.

Q7: Focusing has been a bit harder. I catch my mind wandering more than usual.

Q8: I don't think I've slowed down physically, but I might be a little more restless or fidgety.

Q9: I've had a passing thought once or twice that things might be easier if I wasn't here, but it's not serious and I don't dwell on it.

Patient 320

Score: 4/27

Severity: None/Minimal

Q1: Maybe one or two days I felt a little off, but mostly I've been in a good mood.

Q2: I'm still interested in my usual activities. I enjoy spending time on my hobbies and with loved ones.

Q3: I had one night where I didn't sleep great, but otherwise sleep has been fine.

Q4: Energy levels are good. I feel capable of handling my daily responsibilities.

Q5: I'm eating normally. No changes in appetite that I've noticed.

Q6: I generally feel okay about myself. I have my insecure moments, but doesn't everyone?

Q7: No real issues with concentration. I can focus when I need to.

Q8: I'm moving at a normal pace. Nothing unusual.

Q9: No, I don't have those kinds of thoughts. I'm thankful for my life.

Patient 321

Score: 18/27

Severity: Moderately Severe

Q1: I've been feeling down most days lately. It's like a cloud hanging over me that I can't shake off, probably 5 or 6 days out of the week.

Q2: Things I used to enjoy don't really appeal to me anymore. I still watch TV and see friends occasionally, but it feels more like going through the motions than actually enjoying it.

Q3: My sleep has been pretty disrupted. I'm either lying awake for hours before falling asleep or waking up at 4 AM and can't get back to sleep. It's happening most nights.

Q4: I'm exhausted most of the time. Even after a full night's sleep—when I manage to get one—I wake up feeling drained. Simple tasks feel like they require so much effort.

Q5: I've been eating less than usual. Sometimes I skip meals because I just don't feel hungry, and when I do eat, portions are smaller. I've probably lost a few pounds.

Q6: I keep beating myself up over things. I feel like I'm not measuring up at work or at home, and I dwell on my shortcomings way too much. It's hard to see my own worth right now.

Q7: My concentration is really suffering. I'll be in a meeting or reading something and realize I haven't absorbed anything. I have to reread emails multiple times to understand them.

Q8: I've noticed I'm moving more slowly. My partner mentioned I seem sluggish, and tasks that used to take me 10 minutes now take 30. I feel like I'm wading through mud.

Q9: I've had thoughts that maybe people would be better off without me. Not that I'd actually do anything—I wouldn't—but the thought has crossed my mind more than once when things feel really heavy.

Patient 322

Score: 2/27

Severity: None/Minimal

Q1: Honestly, I'm doing pretty well. There was maybe one afternoon last week where I felt a bit blue, but it passed quickly.

Q2: I'm still really into my hobbies. Been working on my garden and playing guitar—both bring me a lot of happiness.

Q3: Sleep is solid. I get my 7-8 hours most nights and wake up feeling rested.

Q4: Energy-wise, I'm good. I can get through my day without feeling wiped out.

Q5: No issues with eating. I'm enjoying my meals and my appetite is healthy.

Q6: I feel pretty confident about who I am. Sure, I have off days, but overall I like myself.

Q7: Concentration is fine. I can focus on tasks and get things done without much trouble.

Q8: I'm moving at my regular speed. Nothing feels off physically.

Q9: Not at all. I'm grateful for my life and the people in it. Those thoughts don't cross my mind.

Patient 323

Score: 27/27

Severity: Severe

Q1: Every morning I wake up and the first thing I feel is dread. It's been like this for months now, every single day without exception.

Q2: Nothing matters to me anymore. I used to care about my kids, my job, my friends—now it all feels empty and pointless.

Q3: I maybe get an hour or two of sleep if I'm lucky. Most nights I just lie there staring at the ceiling, and when I do drift off, I wake up constantly.

Q4: I have absolutely no energy. Just brushing my teeth feels like running a marathon. I spend most of the day in bed because I physically can't do more.

Q5: Food is disgusting to me now. I've lost probably 15 pounds because I can barely force myself to eat anything. Everything tastes like cardboard.

Q6: I despise myself. I'm a worthless piece of garbage and everyone around me would be so much better off if I just disappeared. I ruin everything I touch.

Q7: My brain doesn't work anymore. I can't think straight, can't remember things, can't make decisions. It's like there's static in my head all the time.

Q8: I move in slow motion. People have commented that I look like a zombie. Sometimes I catch myself just standing there, frozen, not knowing how long I've been like that.

Q9: I think about killing myself constantly. I've researched methods, written notes, planned it all out. I genuinely believe everyone would celebrate if I was dead.

Patient 324**Score: 8/27****Severity: Mild**

Q1: I've had a few days here and there where I felt kind of down. Maybe 3 or 4 days in the past two weeks? But it comes and goes.

Q2: Some things don't excite me as much as they used to. Like I'll go to the gym or meet up with friends, but I have to push myself a bit more than before.

Q3: Sleep has been okay mostly. There were a couple nights I tossed and turned, but nothing too serious.

Q4: I'm a bit more tired than usual. By evening I'm ready to crash, but I can still get through my day.

Q5: My appetite is slightly down. I'm eating, just not as much as I normally would. Maybe skipping breakfast more often.

Q6: I've been a little critical of myself lately. Like when I make a mistake, I tend to dwell on it more than I should.

Q7: Focus is a tiny bit harder. I've noticed I need to reread things occasionally, but it's not a huge problem.

Q8: I think I'm moving normally. Haven't noticed any change in my pace or anything.

Q9: No, nothing like that. I don't have thoughts about hurting myself or anything.

Patient 325**Score: 17/27****Severity: Moderately Severe**

Q1: Most days I feel pretty low. It's been consistent for weeks—I'd say at least 10 out of the last 14 days I've felt down.

Q2: I've lost interest in a lot of things. I used to love cooking and going to concerts, but now I just can't muster the enthusiasm. I do them sometimes, but it feels hollow.

Q3: Sleep is all over the place. Some nights I can't fall asleep until dawn, other nights I sleep 14 hours and still wake up exhausted.

Q4: I'm tired constantly. Everything feels like it takes twice the energy it should. Even getting dressed in the morning is exhausting.

Q5: My eating is really inconsistent. Sometimes I forget to eat entirely, other times I binge on whatever's around. I've noticed my weight fluctuating.

Q6: I feel like I'm failing at everything. I look at my life and just see disappointment after disappointment. I'm not the person I thought I'd be.

Q7: Concentration is really difficult. I'll sit down to work and just stare at the screen. I can't retain information or follow conversations well.

Q8: I've definitely slowed down. My boss mentioned I seem distracted and slow to respond. I feel like I'm moving through water.

Q9: Sometimes I think about not being here anymore. Like, what if I just didn't wake up one day? I'm not planning anything, but the thought is there more often than it should be.

Patient 326**Score: 14/27****Severity: Moderate**

Q1: I feel down maybe half the week? It's noticeable but not constant. Some days are better than others.

Q2: I've noticed I'm not as into things as I used to be. Like watching movies or going out—I still do it, but the joy isn't quite there.

Q3: Sleep has been problematic. I wake up in the middle of the night pretty regularly and have trouble getting back to sleep.

Q4: My energy is definitely lower. Afternoons are rough, and I find myself needing to rest more than usual.

Q5: I'm eating less. Not drastically, but I've noticed I'm skipping meals or eating smaller portions without really thinking about it.

Q6: I've been pretty hard on myself. More negative self-talk than usual, feeling like I'm not good enough in various areas of my life.

Q7: Focusing has become harder. At work I find my mind wandering, and I have to really force myself to concentrate on tasks.

Q8: I think I'm moving a bit slower. I feel sluggish, like my body is heavier than it should be.

Q9: I've had fleeting thoughts about whether life is worth it. Nothing serious, just moments where I wonder if things would be easier if I wasn't around.

Patient 327

Score: 1/27

Severity: None/Minimal

Q1: I'm feeling great, honestly. Maybe one day in the past two weeks I felt a little off, but that's about it.

Q2: I'm fully engaged in my life. Work is going well, I'm enjoying time with family, and my hobbies are fulfilling.

Q3: Sleep is excellent. I fall asleep easily and wake up refreshed pretty much every day.

Q4: Energy levels are high. I feel motivated and capable throughout the day.

Q5: Appetite is totally normal. I'm eating well and enjoying food.

Q6: I feel good about myself. I'm proud of what I'm accomplishing and feel confident in who I am.

Q7: No concentration issues at all. I'm sharp and focused when I need to be.

Q8: I'm moving at my normal pace. Everything feels physically fine.

Q9: Absolutely not. I love my life and have no thoughts like that whatsoever.

Patient 328

Score: 26/27

Severity: Severe

Q1: Nearly every day I feel this overwhelming sadness. It's suffocating and I can't escape it no matter what I try.

Q2: I don't care about anything anymore. My hobbies, my relationships, my career—it all feels meaningless and empty.

Q3: Sleep is almost impossible. I'm awake most of the night, maybe catching 2-3 hours of broken, restless sleep if I'm lucky.

Q4: I have zero energy. Getting out of bed is a monumental task. I feel physically heavy, like I'm carrying a thousand pounds.

Q5: I barely eat anything. Food has no taste and I have to force myself to swallow even a few bites. I've lost a lot of weight.

Q6: I hate who I am. I'm a complete failure and a burden to everyone. I genuinely believe the world would be better without me in it.

Q7: I can't think clearly at all. My mind is foggy and scattered. I can't complete even the simplest tasks or make basic decisions.

Q8: I'm moving so slowly that people have asked if something's wrong. Everything takes forever. Sometimes I also pace or fidget without realizing it.

Q9: Yes, I think about dying all the time. I've thought about specific ways to do it. I feel like it would be a relief for everyone, including me.

Patient 329

Score: 9/27

Severity: Mild

Q1: I've felt down several days over the past couple weeks. Not every day, but it's definitely been present.

Q2: Some activities don't interest me as much. I still participate, but I have to kind of force myself sometimes.

Q3: I've had trouble sleeping a few nights. Either can't fall asleep or wake up too early.

Q4: I'm more tired than I'd like. I need extra coffee to get through the day.

Q5: My appetite has decreased a little. I'm eating, but not as much as usual.

Q6: I've been more self-critical lately. Beating myself up over small things more than I normally would.

Q7: Concentration isn't as sharp as it usually is. I catch myself zoning out more frequently.

Q8: I don't think I've slowed down much, but maybe I'm slightly more lethargic than usual.

Q9: No, I don't have those kinds of thoughts. I'm okay in that regard.

Patient 330

Score: 19/27

Severity: Moderately Severe

Q1: I feel down more often than not. Probably 9 or 10 days out of the past two weeks I've felt really low.

Q2: I've lost interest in almost everything. Things that used to make me happy now feel like chores. I go through the motions but feel nothing.

Q3: Sleep is terrible. I either can't fall asleep or I sleep way too much. Either way, I never feel rested.

Q4: I'm exhausted all the time. Even small tasks feel overwhelming. I have to force myself to do basic things.

Q5: My eating habits are a mess. Sometimes I don't eat all day, other times I overeat. My weight has changed noticeably.

Q6: I feel like a failure. I constantly think about all the ways I've let people down and how I'm not good enough.

Q7: I can't focus on anything. My mind wanders constantly and I can't complete tasks. It's affecting my work and relationships.

Q8: I've definitely slowed down. People have commented on it. I feel like I'm dragging myself through each day.

Q9: I've thought about it, yeah. Like maybe it would be easier if I wasn't here. I haven't made plans or anything, but the thought is there.

Patient 331

Score: 3/27

Severity: None/Minimal

Q1: I'm doing well overall. There might have been a day or two where I felt a bit down, but nothing significant.

Q2: I'm still enjoying my usual activities. Spending time with friends, working on projects—it all feels good.

Q3: Sleep is fine. I get a good night's rest most of the time.

Q4: Energy is good. I feel capable and ready to tackle my day.

Q5: Eating normally. No changes in my appetite or eating patterns.

Q6: I feel pretty good about myself. I'm comfortable with who I am.

Q7: Concentration is solid. I can focus when I need to without much difficulty.

Q8: Moving at my regular pace. Nothing feels off.

Q9: No, not at all. I'm happy with my life and don't have thoughts like that.

Patient 332

Score: 12/27

Severity: Moderate

Q1: I've been feeling down about half the days in the past two weeks. It's noticeable but not constant.

Q2: Some things don't interest me as much anymore. I still do them, but the enjoyment is diminished.

Q3: Sleep has been inconsistent. Some nights are fine, others I'm up for hours or wake up multiple times.

Q4: My energy is lower than it should be. I get tired more easily and need more breaks.

Q5: I'm eating less than usual. Not drastically, but I've noticed I'm not as hungry and portions are smaller.

Q6: I've been feeling down about myself. More self-doubt and negative thoughts than I'm used to.

Q7: Concentration has been harder. I find myself getting distracted and having to refocus frequently.

Q8: I might be moving a bit slower. I feel a little sluggish, but it's not extreme.

Q9: I've had a thought or two about whether things would be easier if I wasn't around, but it's not something I dwell on.

Patient 333

Score: 27/27

Severity: Severe

Q1: Every single day is a struggle. The sadness is overwhelming and unrelenting. I can't remember the last time I felt okay.

Q2: Nothing brings me any joy or interest. I've completely withdrawn from everything and everyone. It all feels pointless.

Q3: I barely sleep at all. Maybe an hour here or there, but mostly I just lie awake in misery all night long.

Q4: I have absolutely no energy. I can barely move. Even breathing feels like too much effort sometimes.

Q5: I've stopped eating almost entirely. Food makes me nauseous and I have to force myself to take even a few bites. I've lost a significant amount of weight.

Q6: I loathe myself completely. I'm worthless, pathetic, and a burden on everyone. I genuinely believe I'm a terrible person who doesn't deserve to exist.

Q7: My mind doesn't function anymore. I can't think, can't remember, can't process anything. It's like my brain has shut down.

Q8: I move like I'm in slow motion. People have said I look like a ghost. I also find myself pacing or wringing my hands compulsively.

Q9: I think about suicide constantly. I've planned it in detail, written goodbye letters, and I'm convinced everyone would be relieved and happier if I was dead.

Patient 334

Score: 6/27

Severity: Mild

Q1: I've felt down a few days here and there. Maybe 4 or 5 days in the past two weeks? It's not overwhelming though.

Q2: I'm still interested in most things, but I've noticed I have to push myself a bit more to engage.

Q3: Sleep has been slightly off. A few nights of tossing and turning, but mostly okay.

Q4: I'm a little more tired than usual. Nothing major, but I've noticed I need more rest.

Q5: Appetite is mostly normal. Maybe eating slightly less, but nothing dramatic.

Q6: I've had some moments of self-doubt. A bit more critical of myself than I'd like to be.

Q7: Focus is mostly fine. Occasionally I zone out, but I can usually get back on track.

Q8: I think I'm moving normally. Haven't noticed any significant change.

Q9: No, I don't have thoughts like that. I'm grateful for what I have.

Patient 335

Score: 16/27

Severity: Moderately Severe

Q1: Most days I feel pretty down. It's been going on for a while now and I can't seem to shake it off.

Q2: I've lost interest in a lot of things I used to enjoy. Going out, seeing people, hobbies—they all feel like too much effort now.

Q3: Sleep is really messed up. Either I can't fall asleep or I sleep way too much. I never feel rested regardless.

Q4: I'm tired all the time. Everything feels exhausting, even simple things like making coffee or taking a shower.

Q5: My eating is all over the place. Sometimes I forget to eat, other times I eat too much. My weight has been fluctuating.

Q6: I feel like I'm not good enough. I keep thinking about my failures and how I've disappointed people. It's hard to see anything positive about myself.

Q7: Concentration is really difficult. I'll start something and my mind just wanders. I can't seem to stay focused on anything.

Q8: I've slowed down noticeably. My family has mentioned it. I feel like I'm moving through thick fog.

Q9: Sometimes I think it would be easier if I just wasn't here anymore. I'm not making plans or anything, but the thought comes up more than it should.

Patient 336

Score: 1/27

Severity: None/Minimal

Q1: I'm feeling really good. Maybe one day in the past two weeks I felt a tiny bit off, but that's it.

Q2: I'm fully engaged in everything I do. Work, hobbies, relationships—all of it brings me satisfaction.

Q3: Sleep is great. I fall asleep easily and wake up feeling refreshed.

Q4: My energy levels are excellent. I feel motivated and capable.

Q5: Appetite is totally normal. I'm eating well and enjoying my meals.

Q6: I feel confident and good about myself. I'm proud of who I am and what I'm doing.

Q7: No issues with concentration. I'm focused and productive.

Q8: I'm moving at my normal pace. Everything feels physically fine.

Q9: Not at all. I love my life and have no thoughts like that.

Patient 337

Score: 18/27

Severity: Moderately Severe

Q1: I feel down several days a week. It's been consistent—probably 8 or 9 days out of the last 14.

Q2: I've lost interest in most things. I still do some activities, but they feel empty and meaningless now.

Q3: Sleep is really bad. I either can't sleep or I oversleep. Either way, I wake up feeling terrible.

Q4: I'm exhausted constantly. Simple tasks feel monumental. I have to force myself to do anything.

Q5: My eating is really inconsistent. Sometimes I don't eat at all, other times I binge. I've noticed my weight changing.

Q6: I feel like a disappointment. I'm not living up to expectations and I feel like I'm failing everyone around me.

Q7: I can't concentrate on anything. My mind is scattered and I can't complete tasks. It's affecting everything.

Q8: I've definitely slowed down. People have noticed and commented on it. I feel like I'm dragging through life.

Q9: I've had thoughts about not being here. Like wondering if people would be better off without me. It's not constant, but it's there.

Patient 338**Score: 7/27****Severity: Mild**

- Q1: I've felt down a handful of days. Maybe 3 or 4 days in the past couple weeks.
- Q2: Most things still interest me, but I've noticed I'm not as enthusiastic as I used to be about some activities.
- Q3: Sleep has been okay for the most part. A couple nights of poor sleep, but nothing too bad.
- Q4: Energy is slightly lower than normal. I get tired a bit easier, but I can still function.
- Q5: Appetite is mostly the same. Maybe eating a little less, but not significantly.
- Q6: I've been a bit harder on myself lately. Some negative self-talk, but I try to keep it in check.
- Q7: Concentration is mostly fine. Occasionally I lose focus, but I can usually get back to it.
- Q8: I think I'm moving at my normal pace. Nothing unusual that I've noticed.
- Q9: No, I don't have those kinds of thoughts. I'm doing okay in that regard.

Patient 339**Score: 13/27****Severity: Moderate**

- Q1: I feel down about half the time. Some days are okay, but many days I just feel low and sad.
- Q2: I've noticed I'm not as interested in things. I still participate, but the enjoyment isn't really there anymore.
- Q3: Sleep is problematic. I wake up frequently during the night and have trouble falling back asleep.
- Q4: My energy is pretty low. I get tired easily and need to rest more than I used to.
- Q5: I'm eating less than before. My appetite has decreased and I've lost a bit of weight.
- Q6: I've been feeling pretty negative about myself. Lots of self-criticism and feeling like I'm not measuring up.
- Q7: Focusing is harder than it should be. I get distracted easily and have trouble completing tasks.
- Q8: I feel a bit sluggish. Like I'm moving slower than I normally would.
- Q9: I've had fleeting thoughts about whether life is worth it. Nothing serious, but the thought has crossed my mind.

Patient 340**Score: 26/27****Severity: Severe**

- Q1: Almost every day I feel this deep, crushing sadness. It's relentless and I can't escape it.
- Q2: I don't care about anything anymore. Everything feels empty and meaningless. I've withdrawn from life completely.
- Q3: I barely sleep. Maybe 2-3 hours a night if I'm lucky, and it's restless, broken sleep.
- Q4: I have no energy at all. Getting out of bed is nearly impossible. I feel physically and mentally drained beyond words.
- Q5: I've almost stopped eating. Food has no appeal and I have to force myself to eat anything. I've lost a lot of weight.
- Q6: I hate myself. I feel like a complete failure and a burden to everyone. I genuinely believe I'm worthless.
- Q7: I can't think clearly. My mind is foggy and I can't concentrate on anything. Even simple decisions are impossible.
- Q8: I'm moving so slowly. Everything takes forever. People have asked if I'm okay because I seem so slowed down.
- Q9: Yes, I think about dying frequently. I've thought about how I would do it. I feel like everyone would be better off without me.

Patient 341**Score: 2/27****Severity: None/Minimal**

Q1: I'm doing really well. There was maybe one moment last week where I felt a bit down, but it passed quickly.

Q2: I'm enjoying everything I normally do. My hobbies, my work, spending time with people—it all feels good.

Q3: Sleep is solid. I'm getting good rest and waking up feeling ready for the day.

Q4: Energy is great. I feel capable and motivated.

Q5: Eating normally. My appetite is healthy and I'm enjoying my meals.

Q6: I feel good about who I am. Confident and comfortable in my own skin.

Q7: Concentration is fine. I can focus when I need to without any issues.

Q8: Moving at my regular pace. Everything feels normal physically.

Q9: Not at all. I'm grateful for my life and don't have thoughts like that.

Patient 342

Score: 19/27

Severity: Moderately Severe

Q1: I've been feeling low most days. Probably 10 or 11 days out of the past two weeks I've felt down.

Q2: I've lost interest in almost everything. Things I used to love now feel like obligations. I do them, but there's no joy in it.

Q3: Sleep is really inconsistent. Some nights I can't sleep at all, other nights I sleep too much. I never feel rested.

Q4: I'm tired constantly. Everything feels exhausting. Even getting dressed feels like a huge task.

Q5: My eating is really erratic. Sometimes I don't eat all day, other times I eat too much. My weight has been changing.

Q6: I feel like I'm failing at everything. I'm not good enough and I keep letting people down. It's hard to see any value in myself.

Q7: I can't focus on anything. My mind wanders constantly and I can't complete tasks. It's affecting my work and personal life.

Q8: I've definitely slowed down. People have mentioned it. I feel like I'm moving through thick mud.

Q9: I've had thoughts about not being here. Like maybe things would be easier if I wasn't around. I'm not planning anything, but the thought is there.

Patient 343

Score: 8/27

Severity: Mild

Q1: I've felt down several days in the past two weeks. Maybe 5 or 6 days total.

Q2: Some activities don't appeal to me as much as they used to. I still do them, but I have to push myself more.

Q3: Sleep has been a bit off. A few nights of trouble falling asleep or staying asleep.

Q4: I'm more tired than usual. I need more breaks and rest throughout the day.

Q5: My appetite has decreased somewhat. I'm eating less than I normally would.

Q6: I've been more self-critical. More negative thoughts about myself than I'm used to.

Q7: Concentration is a bit harder. I find myself getting distracted more easily.

Q8: I might be moving slightly slower, but it's not dramatic.

Q9: No, I don't have thoughts like that. I'm okay in that regard.

Patient 344

Score: 12/27

Severity: Moderate

Q1: I feel down about half the days. It's noticeable and affecting my daily life.

Q2: I've lost some interest in things. I still participate, but the enjoyment is diminished.

Q3: Sleep has been problematic. I wake up during the night regularly and have trouble getting back to sleep.

Q4: My energy is definitely lower. I get tired more easily and need more rest.

Q5: I'm eating less. My appetite has decreased and I've noticed I'm losing weight.

Q6: I've been feeling pretty negative about myself. Lots of self-doubt and criticism.

Q7: Focusing is harder. I get distracted easily and have trouble staying on task.

Q8: I feel a bit sluggish. Like I'm moving slower than I normally would.

Q9: I've had fleeting thoughts about whether things would be easier if I wasn't here, but nothing serious.

Patient 345

Score: 27/27

Severity: Severe

Q1: Every day feels unbearable. The sadness is constant and overwhelming. I can't remember feeling okay.

Q2: Nothing interests me anymore. I've completely withdrawn from everything. Life feels meaningless.

Q3: I barely sleep at all. Maybe an hour or two of broken sleep. I'm awake most nights.

Q4: I have absolutely no energy. I can barely function. Everything feels impossible.

Q5: I've stopped eating almost completely. Food makes me sick and I have to force myself to eat anything. I've lost significant weight.

Q6: I despise myself. I'm worthless and a burden to everyone. I genuinely believe I don't deserve to exist.

Q7: My mind doesn't work. I can't think, can't remember, can't process anything. It's like my brain has shut down.

Q8: I move in slow motion. People have said I look like a zombie. I also pace and wring my hands without realizing it.

Q9: I think about suicide all the time. I've planned it out in detail. I'm convinced everyone would be happier if I was dead.

Patient 346

Score: 3/27

Severity: None/Minimal

Q1: I'm feeling good overall. Maybe a day or two where I felt slightly off, but nothing major.

Q2: I'm still engaged in my usual activities. Everything still brings me satisfaction.

Q3: Sleep is good. I'm getting adequate rest most nights.

Q4: Energy levels are normal. I feel capable throughout the day.

Q5: Appetite is fine. I'm eating normally and enjoying food.

Q6: I feel okay about myself. I have my moments of doubt, but overall I'm comfortable with who I am.

Q7: No real concentration issues. I can focus when needed.

Q8: I'm moving at my normal pace. Nothing unusual.

Q9: No, I don't have those kinds of thoughts. I'm thankful for my life.

Patient 347

Score: 17/27

Severity: Moderately Severe

Q1: I've been feeling down most days lately. It's been persistent for weeks now.

Q2: I've lost interest in a lot of things. Activities I used to enjoy now feel like too much effort.

Q3: Sleep is really messed up. Either I can't sleep or I sleep way too much. Never feel rested.

Q4: I'm exhausted all the time. Simple tasks feel overwhelming and I have to force myself to do them.

Q5: My eating habits are all over the place. Sometimes I don't eat, other times I overeat. My weight is fluctuating.

Q6: I feel like I'm not good enough. I keep thinking about my failures and how I've disappointed people.

Q7: Concentration is really difficult. I can't stay focused on anything and my mind wanders constantly.

Q8: I've slowed down noticeably. My family has commented on it. I feel like I'm dragging through each day.

Q9: Sometimes I think it would be easier if I wasn't here. Not that I'd do anything, but the thought comes up.

Patient 348

Score: 6/27

Severity: Mild

Q1: I've felt down a few days here and there. Maybe 4 days in the past two weeks.

Q2: Most things still interest me, but I've noticed I'm not as enthusiastic about some activities.

Q3: Sleep has been okay mostly. A couple nights of poor sleep, but nothing too concerning.

Q4: Energy is slightly lower than normal. I get tired a bit easier, but I can still manage.

Q5: Appetite is mostly normal. Maybe eating a bit less, but not significantly.

Q6: I've been a little more self-critical lately. Some negative thoughts, but I try to keep perspective.

Q7: Concentration is mostly fine. Occasionally I lose focus, but I can usually refocus.

Q8: I think I'm moving normally. Haven't noticed any significant change.

Q9: No, I don't have thoughts like that. I value my life.

Patient 349

Score: 15/27

Severity: Moderately Severe

Q1: I feel down several days a week. It's been consistent and I can't seem to shake it.

Q2: I've lost interest in many things. I still do some activities, but they don't bring me joy anymore.

Q3: Sleep is inconsistent. Some nights I can't sleep, other nights I oversleep. Either way, I wake up feeling awful.

Q4: I'm tired most of the time. Everything takes more effort than it should.

Q5: My eating is inconsistent. Sometimes I skip meals, other times I eat too much. My weight has changed.

Q6: I feel like I'm failing. I'm not living up to expectations and I feel like I'm letting everyone down.

Q7: I can't concentrate well. My mind wanders and I have trouble completing tasks.

Q8: I've slowed down. People have noticed and mentioned it. I feel like I'm moving through fog.

Q9: I've had thoughts about not being here. Like wondering if people would be better off without me. It's not constant, but it's there.

Patient 350

Score: 1/27

Severity: None/Minimal

Q1: I'm doing great. Maybe one day in the past two weeks I felt slightly down, but that's it.

Q2: I'm fully engaged in everything. Work, hobbies, relationships—all of it is fulfilling.

Q3: Sleep is excellent. I fall asleep easily and wake up refreshed.

Q4: Energy is high. I feel motivated and capable throughout the day.

Q5: Appetite is totally normal. I'm eating well and enjoying my food.

Q6: I feel confident and good about myself. I'm proud of who I am.

Q7: No concentration issues. I'm focused and productive.

Q8: I'm moving at my normal pace. Everything feels physically fine.

Q9: Absolutely not. I love my life and have no thoughts like that whatsoever.

DATASET STATISTICS SUMMARY

Score Range	Severity	Count	Percentage
0-4	Minimal	80	22.9%
5-9	Mild	65	18.6%
10-14	Moderate	63	18.0%
15-19	Moderately Severe	75	21.4%
20-27	Severe	67	19.1%