**How are you feeling?**

Having diabetes can affect your mood, and your mood can affect how well you look after yourself. The questions below will help you check on how positive or depressed you are feeling. Please can you complete the questions below.

Please circle the number for each statement that best describes how often you felt or behaved this way during the past week. Don’t take too long over your responses, your first reaction to each statement will probably be more accurate than a long thought-out response.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| During the past week…. | Rarely or none of the time(less than 1 day) | Some or a little of the time(1-2 days) | Occasionally or a moderate time(3-4 days) | Most or all of the time(5-7 days) |
| I was bothered by things that don’t usually bother me | 0 | 1 | 2 | 3 |
| I did not feel like eating:  appetite =poor | 0 | 1 | 2 | 3 |
| I felt that I could not shake off the blues even with help from friends or family | 0 | 1 | 2 | 3 |
| I felt that I was just as good as other people | 3 | 2 | 1 | 0 |
| I had trouble keeping my mind on what I was doing | 0 | 1 | 2 | 3 |
| I felt depressed | 0 | 1 | 2 | 3 |
| I felt that everything I did was an effort | 0 | 1 | 2 | 3 |
| I felt hopeful about the future | 3 | 2 | 1 | 0 |
| I thought my life had been a failure | 0 | 1 | 2 | 3 |
| I felt tearful | 0 | 1 | 2 | 3 |
| My sleep was restless | 0 | 1 | 2 | 3 |
| I was happy | 3 | 2 | 1 | 0 |
| I talked less than usual | 0 | 1 | 2 | 3 |
| I felt lonely | 0 | 1 | 2 | 3 |
| People were unfriendly | 0 | 1 | 2 | 3 |
| I enjoyed life | 3 | 2 | 1 | 0 |
| I had crying spells | 0 | 1 | 2 | 3 |
| I felt sad | 0 | 1 | 2 | 3 |
| I felt that people disliked me | 0 | 1 | 2 | 3 |
| I could not ‘get going’ | 0 | 1 | 2 | 3 |
| **Your score is the total of all the numbers you have circled: Total =** | | | | |

**What do the numbers mean?**

In the scale we are using here, the lower your total score, the more positive you will be feeling.

* **0-16:** This indicates you are likely to be positive, and unlikely to be depressed. However, if there are worries that you wish to share, and/or help you feel you need, please make an appointment to see your doctor or nurse.
* **17-24:** This indicates that you might be depressed- that is, it is possible that you may be going through a period of depression.

If you have felt like this for several months or more, this is a good indicator that you may be going through an episode of depression. However, you may be feeling like this because you have just been diagnosed with diabetes, or because of some other factors in your life at present. If you have only been feeling this way for a short time, it may be worth looking at this again in a couple of months.

* **25-and above:** This indicates probable depression – that is, if you are scoring in this area it is likely that you are going through an episode of depression, especially if you have felt like this for a few weeks. Even if this is caused by events going on in your life at present, or has been made worse by being told you have diabetes, it is worth discussing this with someone, such as your doctor or nurse.

