

Name: _____ Date: _____

Brief Mood Survey*

Instructions. Use checks (✓) to indicate how depressed, anxious and angry you're feeling right now, **at this moment.** On the Suicidal and Violent Urges scales, indicate how you've been feeling **recently.** **Please answer all the items.**

	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Depression (How do you feel right now?)					
1. Sad or down in the dumps					
2. Discouraged or hopeless					
3. Low self-esteem					
4. Worthless or inadequate					
5. Loss of pleasure or satisfaction in life					
Total Items 1 to 5 →					

Suicidal Urges (How have you felt recently?)					
1. Do you have any suicidal thoughts?					
2. Would you like to end your life?					
Total Items 1 to 2 →					

Anxiety (How do you feel right now?)					
1. Anxious					
2. Frightened					
3. Worrying about things					
4. Tense or on edge					
5. Nervous					
Total Items 1 to 5 →					

Anger (How do you feel right now?)					
1. Frustrated					
2. Annoyed					
3. Resentful					
4. Angry					
5. Irritated					
Total Items 1 to 5 →					

Violent Urges (How have you felt recently?)					
1. I have thoughts or fantasies of hurting people.					
2. I have the urge to do something harmful or violent.					
Total Items 1 to 2 →					