



Name: _____ Date: _____

Brief Mood Survey		0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely
Instructions. Use checks (✓) to indicate how depressed, anxious and angry you're feeling right now, at this moment. Please answer all the items.						
Depression						
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						
1. Do you have any suicidal thoughts?						
2. Would you like to end your life?						
Total Items 1 to 2 →						
Anxiety						
1. Anxious						
2. Frightened						
3. Worrying about things						
4. Tense or on edge						
5. Nervous						
Total Items 1 to 5 →						
Anger						
1. Frustrated						
2. Annoyed						
3. Resentful						
4. Angry						
5. Irritated						
Total Items 1 to 5 →						
CAGE Alcohol and Drug Assessment		Yes	No			
1. Have you ever felt you should <i>CUT</i> down on your drinking or drug use?						
2. Have people <i>ANNOYED</i> you by criticizing your drinking or drug use?						
3. Have you ever felt bad or <i>GUILTY</i> about your drinking or drug use?						
4. Have you ever used alcohol/drugs first thing in the morning to steady your nerves or get rid of a hangover? (<i>EYE OPENER</i>)						
Total Items 1 to 4 →						