

Short Mood and Feelings Questionnaire (SMFQ)

This form is about how you might have been feeling or acting recently. For each question, please tick how much you have felt or acted this way **over the past two weeks**. If a sentence was true about you most of the time tick **true**. If it was only sometimes true, tick **sometimes**. If a sentence was not true about you, tick **not true**.

What is depression and what can be done about it?

	Not true	Sometimes	True
1. I felt miserable or unhappy			
2. I didn't enjoy anything at all			
3. I felt so tired I just sat around and did nothing			
4. I was very restless			
5. I felt I was no good any more			
6. I cried a lot			
7. I found it hard to think properly and concentrate			
8. I hated myself			
9. I was a bad person			
10. I felt lonely			
11. I thought nobody really loved me			
12. I thought I could never be as good as other kids			
13. I did everything wrong			
<i>Short Mood and Feelings Questionnaire (SMFQ); Angold & Costello, 1987</i>			

Total Score:

If your depression is severe and you are not already receiving professional help then please read this. If your symptoms

Am I Depressed and What Can I Do About It?

are affecting you so much that you are finding it difficult to do most things, and if you are feeling hopeless and experiencing suicidal thoughts then it is very important that you let someone know immediately. This could be your parents, a teacher or your GP. You will need additional help from health professionals who have experience in helping people like you (Appendix 2 at the back of the book provides information on how to find a therapist). Please also have a look at **Chapter 3** now. You can use the strategies in this book to help you but this will need to be in addition to receiving professional help. Do not be ashamed to ask for help, everyone needs extra support from time to time.