



## BRIEF MOOD SURVEY (Burns, 2005)

Instructions.

Score each item as follows:

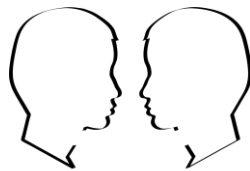
- 0 = not at all
- 1 = somewhat
- 2 = moderately
- 3 = a lot
- 4 = extremely

### Anxious Feelings

	Date 1=	2=	3=
1. Anxious			
2. Nervous			
3. Worried			
4. Frightened or apprehensive			
5. Tense or on edge			
<b>SCORE FOR TODAY</b>			

### Anxious Physical Symptoms

	Date 1=	2=	3=
1. Skipping, racing or pounding of the heart			



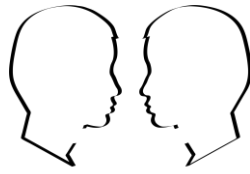
ד"ר רוג' שידלו

2. Sweating, chills or hot flashes			
3. Trembling or shaking			
4. Feeling short of breath or difficulty breathing			
5. Feeling like you're choking			
6. Pain or tightness in the chest			
7. Butterflies, nausea or upset stomach			
8. Feeling dizzy, light-headed or off-balance			
9. Feeling like you're unreal or the world is unreal			
10. Numbness or tingling sensations			
<b>SCORE FOR TODAY</b>			

## Depression

	Date 1=	2=	3 =
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			
<b>SCORE FOR TODAY</b>			

## Suicidal Urges



ד"ר רות שינדלר

	Date 1=	2=	3=
1. Do you have any suicidal thoughts?			
2. Would you like to end your life?			
<b>SCORE FOR TODAY</b>			