Mood and Feelings Questionnaire--Child Version Page 1 of 2

Please darken the circle next to the statement that best describes you in the PAST TWO WEEKS.

	0 Not true	1 Sometimes	2 True
1. I felt awful or unhappy.	0	0	0
2. I didn't enjoy anything at all.	0	0	0
3. I was less hungry than usual.	0	0	0
4. I ate more than usual.	0	0	0
5. I felt too tired I just sat around and did nothing.	0	0	0
6. I was moving and walking more slowly than usual	0	0	0
 7. I was very restless.	0	0	0
8. I felt I was no good anymore.	0	0	0
9. I blamed myself for things that weren't my fault.	0	0	0
10. It was hard for me to make up my mind.	0	0	0
11. I felt grumpy and upset with my parents.	0	0	0
12. I felt like talking less than usual.	0	0	0
13. I was talking more slowly than usual.	0	0	0
14. I cried a lot.	0	0	0
15. I thought there was nothing good for me in the future.	0	0	0
16. I thought that life wasn't worth living.	0	0	0
17. I thought about death or dying.	0	0	0
 18. I thought my family would be better off without me.	0	0	0
 19. I thought about killing myself	0	0	0
 20. I didn't want to see my friends.	0	0	0





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	0 Not true	1 Sometimes	2 True
21. I found it hard to pay attention or concentrate.	0	0	0
22. I thought bad things would happen to me.	0	0	0
23. I hated myself.	0	0	0
24. I felt I was a bad person.	0	0	0
25. I thought I looked ugly.	0	0	0
26. I worried about aches and pains.	0	0	0
27. I felt lonely.	0	0	0
28. I thought nobody really loved me.	0	0	0
29. I didn't have any fun at school.	0	0	0
30. I thought I could never be as good as other kids.	0	0	0
31. I felt I did everything wrong.	0	0	0
32. I didn't sleep as well as I usually sleep.	0	0	0
33. I slept a lot more than usual.	0	0	0

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