Mood and Feelings Questionnaire--Parent Version
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Please darken the circle next to the statement that best describes your child in the PAST TWO WEEKS.

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

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		0 Not true	1 Sometimes	2 True
21.	S/he found it hard to think properly or concentrate.	○	○	○
22.	S/he thought bad things would happen to her/him.	○	○	○
23.	S/he hated him/herself.	○	○	○
24.	S/he felt s/he was a bad person.	○	○	○
25.	S/he thought s/he looked ugly.	○	○	○
26.	S/he worried about aches and pains.	○	○	○
27.	S/he felt lonely.	○	○	○
28.	S/he thought nobody really loved her/him.	○	○	○
29.	S/he didn't have any fun at school.	○	○	○
30.	S/he thought s/he could never be as good as other kids.	○	○	○
31.	S/he felt s/he did everything wrong.	○	○	○
32.	S/he didn't sleep as well as s/he usually sleeps.	○	○	○
33.	S/he slept a lot more than usual.	○	○	○
34.	S/he wasn't as happy as usual, even when you praised or rewarded her/him.	○	○	○