

## The Major (ICD-10) Depression Inventory (MDI)

The following questions ask about how you have been feeling over the last two weeks.

Please put a tick in the box which is closest to how you have been feeling.

Example: If you have felt in low spirits or sad slightly more than half of the time during the last two weeks put a tick in the third box from the left in the first row.

	<b>How much of the time...</b>	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1	Have you felt in low spirits or sad?	5	4	3	2	1	0
2	Have you lost interest in your daily activities?	5	4	3	2	1	0
3	Have you felt lacking in energy and strength?	5	4	3	2	1	0
4	Have you felt less self-confident?	5	4	3	2	1	0
5	Have you had a bad conscience or feelings of guilt?	5	4	3	2	1	0
6	Have you felt that life wasn't worth living?	5	4	3	2	1	0
7	Have you had difficulty in concentrating, e.g. when reading the newspaper or watching television?	5	4	3	2	1	0
8a	Have you felt very restless?	5	4	3	2	1	0
8b	Have you felt subdued?	5	4	3	2	1	0
9	Have you had trouble sleeping at night?	5	4	3	2	1	0
10a	Have you suffered from reduced appetite?	5	4	3	2	1	0
10b	Have you suffered from increased appetite?	5	4	3	2	1	0