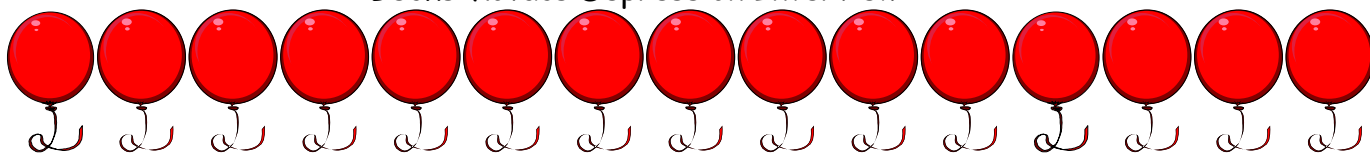


## Becks-Kovacs Depression Interview



Name: \_\_\_\_\_

Date: \_\_\_\_\_

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Kids sometimes have different feelings and ideas in groups. From each group, pick one sentence that describes you best for the past two weeks. After you pick a sentence from the first group, go to the next group.

There is no right answer or wrong. Just pick the sentence that best describes the way you have been recently.

Put a mark like this:  next to your answer. Put the mark in the box next to the sentence that describes you best.

EXAMPLE:



I READ BOOKS ALL THE TIME



I READ BOOKS ONCE IN A WHILE



I NEVER READ BOOKS

REMEMBER; PICK OUT THE SENTENCES THAT DESCRIBE YOUR FEELINGS AND IDEAS IN THE PAST TWO WEEKS.

1.  I AM SAD ONCE IN A WHILE

I AM SAD MANY TIMES

I AM SAD ALL THE TIME

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2.  NOTHING WILL EVER WORK OUT FOR ME

I AM NOT SURE IF THINGS WILL WORK OUT FOR ME

I AM NOT SURE IF THINGS WILL WORK OUT FOR ME

---

3.  I DO MOST THINGS O.K.

I DO MOST THINGS WRONG

I DO EVERYTHING WRONG

---

4.  I HAVE FUN IN MANY THINGS

I HAVE FUN IN SOME THINGS

NOTHING IS FUN AT ALL

---

5.  I AM BAD ALL THE TIME

I AM BAD MANY TIMES

I AM BAD ONCE IN A WHILE

---

6.  I THINK ABOUT BAD THINGS HAPPENING TO ME  
ONCE IN A WHILE
- I WORRY THAT BAD THINGS WILL HAPPEN TO ME
- I AM SURE THAT TERRIBLE THINGS WILL HAPPEN  
TO ME \_\_\_\_\_
7.  I HATE MYSELF
- I DO NOT LIKE MYSELF
- I LIKE MYSELF \_\_\_\_\_
8.  ALL BAD THINGS ARE MY FAULT
- MANY BAD THINGS ARE MY FAULT
- BAD THINGS ARE NOT USUALLY MY FAULT \_\_\_\_\_
9.  I DO NOT THINK ABOUT KILLING MYSELF
- I THINK ABOUT KILLING MYSELF BUT I WOULD  
NOT DO IT
- I WANT TO KILL MYSELF \_\_\_\_\_
10.  I FEEL LIKE CRYING EVERY DAY
- I FEEL LIKE CRYING MANY DAYS
- I FEEL LIKE CRYING ONCE IN A WHILE \_\_\_\_\_

11.  THINGS BOTHER ME ALL THE TIME  
 THINGS BOTHER ME MANY TIMES  
 THINGS BOTHER ME ONCE IN A WHILE \_\_\_\_\_
12.  I LIKE BEING WITH PEOPLE  
 I DO NOT LIKE BEING WITH PEOPLE MANY TIMES  
 I DO NOT WANT TO BE WITH PEOPLE AT ALL \_\_\_\_\_
13.  I CANNOT MAKE UP MY MIND ABOUT THINGS  
 IT IS HARD TO MAKE UP MY MIND ABOUT THINGS  
 I MAKE UP MY MIND ABOUT THINGS EASILY \_\_\_\_\_
14.  I LOOK O.K.  
 THERE ARE SOME BAD THINGS ABOUT MY LOOKS  
 I LOOK UGLY \_\_\_\_\_
15.  I HAVE TO PUSH MYSELF TO DO MY SCHOOLWORK  
 I HAVE TO PUSH MYSELF MANY TIMES TO DO MY SCHOOLWORK  
 DOING SCHOOL IS A NOT BIG PROBLEM \_\_\_\_\_

REMEMBER, DESCRIBE HOW YOU HAVE BEEN IN THE PAST 2 WEEKS

16.  I HAVE TROUBLE SLEEPING EVERY NIGHT  
 I HAVE TROUBLE SLEEPING MANY NIGHTS  
 I SLEEP PRETTY WELL \_\_\_\_\_
17.  I AM TIRED ONCE IN A WHILE  
 I AM TIRED MANY DAYS  
 I AM TIRED ALL THE TIME \_\_\_\_\_
18.  MOST DAYS I DO NOT FEEL LIKE EATING  
 MANY DAYS I DO NOT FEEL LIKE EATING  
 I EAT PRETTY WELL \_\_\_\_\_
19.  I DO NOT WORRY ABOUT ACHES AND PAINS  
 I WORRY ABOUT ACHES AND PAINS MANY TIMES  
 I WORRY ABOUT ACHES AND PAINS ALL THE TIME \_\_\_\_\_
20.  I DO NOT FEEL ALONE  
 I FEEL ALONE MANY TIMES  
 I FEEL ALONE ALL THE TIME \_\_\_\_\_

21.  I NEVER HAVE FUN IN SCHOOL  
 I HAVE FUN IN SCHOOL ONCE IN A WHILE  
 I HAVE FUN IN SCHOOL MANY TIMES \_\_\_\_\_
22.  I HAVE PLENTY OF FRIENDS  
 I HAVE SOME FRIENDS BUT I WISH I HAD MORE  
 I DO NOT HAVE ANY FRIENDS \_\_\_\_\_
23.  MY SCHOOL WORK IS ALL RIGHT  
 MY SCHOOL WORK IS NOT AS GOOD AS BEFORE  
 I DO VERY BADLY IN SUBJECTS I USED TO BE GOOD IN \_\_\_\_\_
24.  I CAN NEVER BE AS GOOD AS OTHER KIDS  
 I CAN BE AS GOOD AS OTHER KIDS IF I WANT TO  
 I AM JUST AS GOOD AS OTHER KIDS \_\_\_\_\_
25.  NOBODY REALLY LOVES ME  
 I AM NOT SURE IF ANYBODY LOVES ME  
 I AM SURE THAT SOMEBODY LOVES ME \_\_\_\_\_

26.  I USUALLY DO WHAT I AM TOLD
- I DO NOT DO WHAT I AM TOLD MOST TIMES
- I NEVER DO WHAT I AM TOLD \_\_\_\_\_
27.  I GET ALONG WITH PEOPLE
- I GET INTO FIGHTS MANY TIMES
- I GET INTO FIGHTS ALL THE TIME \_\_\_\_\_

THE END!!

THAN YOU FOR FILLING OUT THIS FORM

SUM \_\_\_\_\_