

DEPRESSION-FACTORS SCALE

A-

Last Name	First Name	MI	Age	Date
-----------	------------	----	-----	------

Instructions: Circle Y (for Yes) or N (for No) before each item to indicate your own personal judgment as to the condition of the individual.

FACTOR I:

1. Y N Feels at the "end of his rope"
2. Y N Feels hopeless
3. Y N Feelings are dominated by sadness and "blueness"
4. Y N Feels helpless and powerless
5. Y N Feels a failure
6. Y N Feels self unworthy
7. Y N Considers self lazy
8. Y N Feels unable to act
9. Y N Feels guilt for not assuming family and/or job responsibilities
10. Y N Feels unable to make decisions

FACTOR II:

1. Y N Feels that illness would be relieved by the solving of certain "material" problems - money, job, housing, etc.
2. Y N Concerned with "material" loss - money, property, etc.
3. Y N Feels burdened by the demands of others
4. Y N Credits illness to excessive family and/or job responsibility

FACTOR III:

1. Y N Concerned with making up for wrongs to others
2. Y N Expresses much concern for the welfare of family and friends
3. Y N Concerned with suffering caused to others
4. Y N Guilt feelings experienced
5. Y N Feels guilt for not assuming family and/or job responsibilities
6. Y N Feels he (or she) brought illness on self
7. Y N Shame is experienced

FACTOR IV:

1. Y N Has feelings of tenseness
2. Y N Experiences free anxiety
3. Y N Feels "jittery"
4. Y N Has anxiety about particular concerns

FACTOR V:

1. Y N Feels unloved
2. Y N Gets much secondary gain from illness
3. Y N Feels that he (or she) is being brave in bearing troubles
4. Y N Anger that is present is attached to an unreasonable object
5. Y N Feels envious of others
6. Y N Feels lonely

By Grinker, R. R., et al, 1961

Adapted by
MBJ Feb. '67

Signature