



Mood and Feelings Questionnaire-Self Report (MFQ-Self)

Instructions:

These questions are about how you might have been feeling or acting recently. For each question, please check how you have been feeling or acting in the past two weeks.

- If a sentence was not true about you, check NOT TRUE.
- If a sentence was only sometimes true, check SOMETIMES.
- If a sentence was true about you most of the time, check TRUE.

		Not True	Sometimes	True
1	I felt miserable or unhappy.	0	1	2
2	I didn't enjoy anything at all.	0	1	2
3	I felt so tired I just sat around and did nothing.	0	1	2
4	I was very restless.	0	1	2
5	I felt I was no good anymore.	0	1	2
6	I cried a lot.	0	1	2
7	I found it hard to think properly or concentrate.	0	1	2
8	I hated myself.	0	1	2
9	I was a bad person.	0	1	2
10	I felt lonely.	0	1	2
11	I thought nobody really loved me.	0	1	2
12	I thought I could never be as good as other kids.	0	1	2
13	I did everything wrong.	0	1	2

Developer Reference:

Angold, A., Costello, E. J., Messer, S. C., Pickles, A., Winder, F., & Silver, D. (1995). The development of a



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short questionnaire for use in epidemiological studies of depression in children and adolescents. International Journal of Methods in Psychiatric Research, 5, 237 - 249.

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