

5. **Herhangi bir neden olmaksızın korktum ve panikledim:**
Evet, oldukça fazla
Evet, bazen
Hayır, fazla değil
Hayır, hiçbir zaman
6. **Hiçbir şeyle başa çıkamıyorum:**
Evet, çoğu zaman hiç başa çıkamıyorum
Evet, bazen her zamanki gibi başa çıkamıyorum
Hayır, çoğu zaman iyi başa çıkabiliyorum
Hayır, her zamanki gibi çok iyi başa çıkabiliyorum
7. **O kadar mutsuzum ki, uyuma güçlükleri çekiyorum:**
Evet, çoğu zaman
Evet, bazen
Çok sık değil
Hayır, hiçbir zaman
8. **Kendimi üzgün ve dertli hissediyorum:**
Evet, çoğu zaman
Evet, pek sık
Çok sık değil
Hayır, hiçbir zaman
9. **O kadar mutsuzum ki, ağlıyorum:**
Evet, çoğu zaman
Evet, pek sık
Sadece zaman zaman
Hayır, hiçbir zaman
10. **Kendime zarar verme düşüncesi aklımdan geçiyor:**
Evet, çok sık
Bazen
Hemen hemen hiç
Asla

English version of questions

- | | |
|---|---|
| 1 I have been able to laugh and see the funny side of things:
As much as I always could
Not quite so much now
Definitely not so much now
Not at all | 6 Things have been getting on top of me:
Yes, most of the time I haven't been able to cope at all
Yes, sometimes I haven't been coping as well as usual
No, most of the time I have coped quite well
No, I have been coping as well as ever |
| 2 I have looked forward with enjoyment to things:
As much as I ever did
Rather less than I used to
Definitely less than I used to
Hardly at all | 7 I have been so unhappy that I have had difficulty sleeping:
Yes, most of the time
Yes, sometimes
Not very often
No, not at all |
| 3 I have blamed myself unnecessarily when things went wrong:
Yes, most of the time
Yes, some of the time
Not very often
No, never | 8 I have felt sad or miserable:
Yes, most of the time
Yes, quite often
Not very often
No, not at all |
| 4 I have been worried and anxious for no good reason:
No, not at all
Hardly ever
Yes, sometimes
Yes, very often | 9 I have been so unhappy that I have been crying:
Yes, most of the time
Yes, quite often
Only occasionally
No, never |
| 5 I have felt scared or panicky for no very good reason:
Yes, quite a lot
Yes, sometimes
No, not much
No, not at all | 10 The thought of harming myself has occurred to me:
Yes, quite often
Sometimes
Hardly ever
Never |