

Abbreviated Wimbledon Self Report Scale

The Wimbledon refers to feelings over the last week. If the phrasing of the questions is too complex then the questions in the white area can be condensed into a simple 'yes' and the questions in the grey area can be condensed to a simple 'no'.

Scoring: Grey area= 0 White area= 1

Total Score: Normal limits= 0-4 Possible clinical depression= 5-10

1. I feel helpless ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
2. I feel discouraged ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
3. I feel miserable ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
4. I feel gloomy ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
5. I feel happy ...	a	only occasionally
	b	not at all
	c	most of the time
	d	quite often
6. I feel tense ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
7. I feel as if my life has been ruined ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
8. I feel cheerful ...	a	only occasionally
	b	not at all
	c	most of the time
	d	quite often
9. I feel fed up ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all
10. I feel angry ...	a	most of the time
	b	quite often
	c	only occasionally
	d	not at all