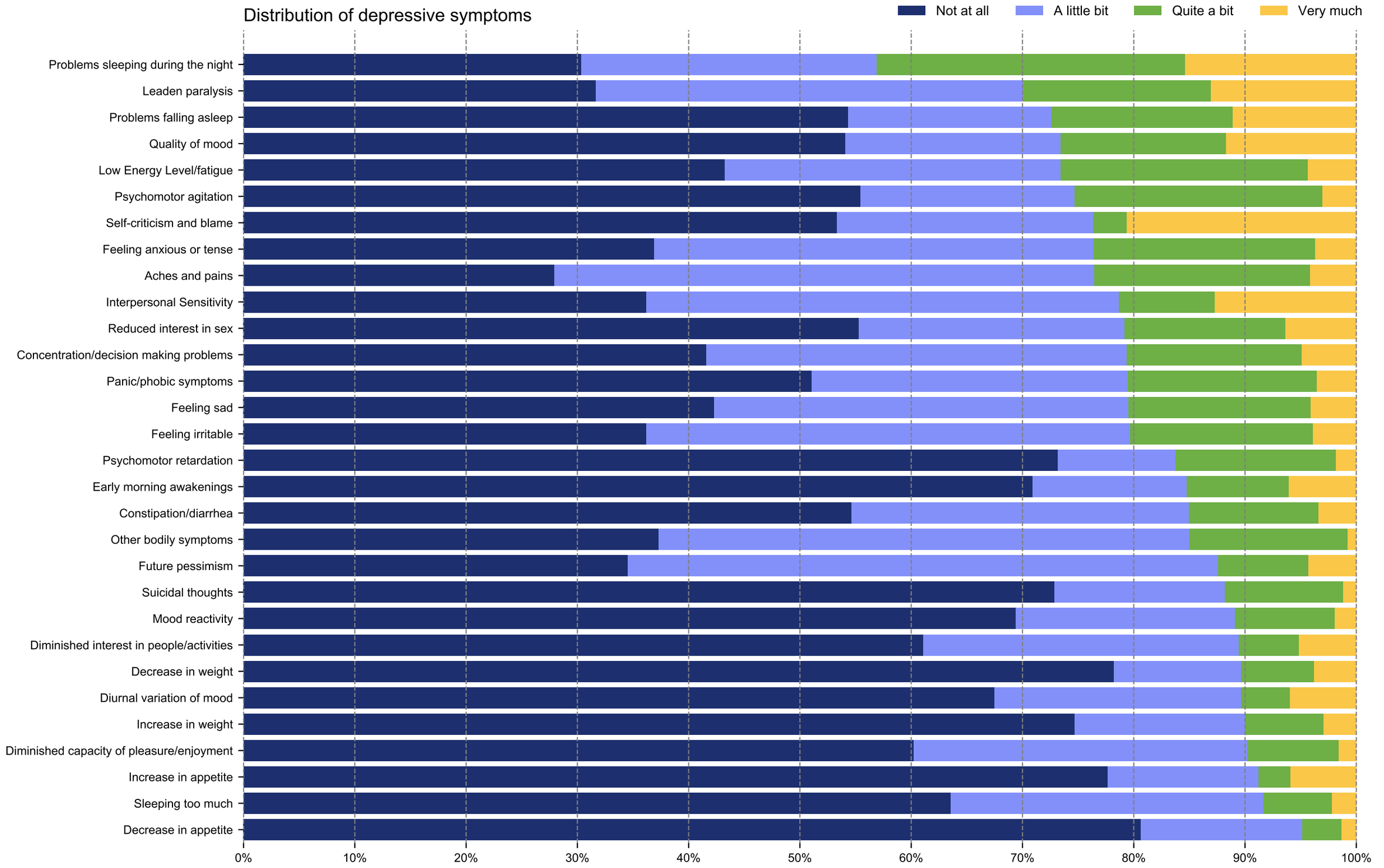
Distribution of depressive symptoms
Not at all
A little bit
Quite a bit
Very much
Problems sleeping during the night
Leaden paralysis
Problems falling asleep
Quality of mood
Low Energy Level/fatigue
Psychomotor agitation
Self-criticism and blame
Feeling anxious or tense
Aches and pains
Interpersonal Sensitivity
Reduced interest in sex
Concentration/decision making problems
Panic/phobic symptoms
Feeling sad
Feeling irritable
Psychomotor retardation
Early morning awakenings
Constipation/diarrhea
Other bodily symptoms
Future pessimism
Suicidal thoughts
Mood reactivity
Diminished interest in people/activities
Decrease in weight
Diurnal variation of mood
Increase in weight
Diminished capacity of pleasure/enjoyment
Increase in appetite
Sleeping too much
Decrease in appetite
0%
10%
20%
30%
40%
50%
60%
70%
80%
90%
100%