

Instructions: circle the number in the column that best describes how you are feeling during the **past week including today**. Then write the value of the number in column gray column

0 - not at all
 1 - sometimes
 2 - Moderated
 3 - A lot
 4 - Extremely

Burns Depression Check list (Children)

1. Sad or down in the dumps	0	1	2	3	4		
2. Discouraged or hopeless (things are not going to get better)	0	1	2	3	4		
3. Low self esteem (not proud of myself)	0	1	2	3	4		
4. Worthlessness or inadequate (not good enough)	0	1	2	3	4		
5. Loss of pleasure or satisfactions (things are not fun)	0	1	2	3	4		
Sub total							
1. Do you have thought about suicide?	0	1	2	3	4		
2. Would you like to end your life?	0	1	2	3	4		
Sub total							

Burns Panic Scale

3. Sudden feeling of terror or over whelming fear	0	1	2	3	4		
4. Sudden, terrifying panic attacks that come out of the blue	0	1	2	3	4		
5. Suddenly feeling you're going crazy or cracking up	0	1	2	3	4		
6. Suddenly feeling you are about to suffocate or pass out	0	1	2	3	4		
7. Suddenly feeling you'll have a stroke, heart attack or die	0	1	2	3	4		
Total							

Burns Anger Scale

1. Frustrated	0	1	2	3	4		
2. Annoyed	0	1	2	3	4		
3. Resentful	0	1	2	3	4		
4. Angry	0	1	2	3	4		
5. Irritated	0	1	2	3	4		
Total							

Burns Anxiety Scale

1. Anxious	0	1	2	3	4		
2. Frightened	0	1	2	3	4		
3. Worrying about things over and over	0	1	2	3	4		
4. Tense on Edge	0	1	2	3	4		
5. Nervous	0	1	2	3	4		
Total							