

MOOD AND FEELINGS QUESTIONNAIRE: Short Version

This form is 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.

Score the MFQ as follows:

NOT TRUE = 0

SOMETIMES = 1

TRUE = 2

To code, please use a checkmark (☐) for each statement.	NOT TRUE	SOME TIMES	TRUE
1. I felt miserable or unhappy.			
2. I didn't enjoy anything at all.			
3. I felt so tired I just sat around and did nothing.			
4. I was very restless.			
5. I felt I was no good anymore.			
6. I cried a lot.			
7. I found it hard to think properly or concentrate.			
8. I hated myself.			
9. I was a bad person.			
10. I felt lonely.			
11. I thought nobody really loved me.			
12. I thought I could never be as good as other kids.			
13. I did everything wrong.			

MOOD AND FEELINGS QUESTIONNAIRE: Short Version

This form is about how your child might have been feeling or acting **recently**.

For each question, please check (☐) how s/he has been feeling or acting ***in the past two weeks***.

If a sentence was not true about your child, check NOT TRUE.

If a sentence was only sometimes true, check SOMETIMES.

If a sentence was true about your child most of the time, check TRUE.

Score the MFQ as follows:

NOT TRUE = 0

SOMETIMES = 1

TRUE = 2

To code, please use a checkmark (☐) for each statement.	NOT TRUE	SOME TIMES	TRUE
1. S/he felt miserable or unhappy.			
2. S/he didn't enjoy anything at all.			
3. S/he felt so tired that s/he just sat around and did nothing.			
4. S/he was very restless.			
5. S/he felt s/he was no good anymore.			
6. S/he cried a lot.			
7. S/he found it hard to think properly or concentrate.			
8. S/he hated him/herself.			
9. S/he felt s/he was a bad person.			
10. S/he felt lonely.			
11. S/he thought nobody really loved him/her.			
12. S/he thought s/he could never be as good as other kids.			
13. S/he felt s/he did everything wrong.			