APPENDIX – IV

KRUG & LANGHLIN’S DEPRESSION SCALE

NAME ....................................... DATE ........................................

Directions: You have certain ideas and concept about yourself and your behaviour which are peculiar to yourself and relatively independent of other.

In this scale some behaviour have been presented to have your evaluation about these. Please read each statement relating to a behavioural pattern attentively. Each statement there are three answers (a), (b) & (c). Please tick the answer that describes you best.

Two example are given below to you to clarify the process of how to evaluate the statement Example - 1 like to read story books.

a) Regularly    b) Sometime    c) Never.

A tick mark (√) has been given to (b) to denote that you read books sometime. Neither Regularly nor never.

Example 2 – If angry, I loose my contact with reality

a) Never    b) Sometime    c) Always

A (√) has been given here on (c) to denote that you always loose your contact with reality if become angry neither never nor sometime.
Now answer by putting a tick mark (√) on a, b, c, of each of the following 40 statement. It will take you about 15 minutes to all answer all the question. Please do not skip any statement.

1. I perform my duties with enthusiasm.
   a) Always  b) Sometime  c) Never.

2. I am afraid of facing problem because of lack of self confidence.
   a) Always  b) Sometime  c) Never.

3. Mental disturbance lead me to boil with anger.
   a) Always  b) Sometime  c) Never.

4. I am haunted by feeling of loneliness.
   a) Always  b) Sometime  c) Never.

5. I do not like to do anything because of lack of encouragement.
   a) Always  b) Sometime  c) Never.

6. I am capable of taking decision at the right moment whenever I undertake any task to perform.
   a) Always  b) Sometime  c) Never.

   a) Always  b) Sometime  c) Never.
8. Persons familiar with me knows me well & really like me -
   a) Always  b) Sometime  c) Never.

9. Guilt feeling does not disturb me.
   a) Always  b) Sometime  c) Never.

10. I can arrive at a decision quickly and do not change my decision without any reason.
    a) Always  b) Sometime  c) Never.

11. I am in the habit of blaming & criticizing myself.
    a) Always  b) Sometime  c) Never.

12. Loss of patience cause eratic movement of limbs.
    a) Always  b) Sometime  c) Never.

13. I am not struck with panic for any secret disease.
    a) Always  b) Sometime  c) Never.

14. I am a failure in my life & feel myself so trivial in comparison to others that I do not feel like expressing my sorrows to others.
    a) Always  b) Sometime  c) Never.

15. I feel like unfit for any work without any valid reason.
    a) Always  b) Sometime  c) Never.
16. Of all the persons I am familiar with, I think myself best in achieving my goal.
   a) Always  b) Sometime  c) Never.

17. I am confident that I am a self dependent and undisturbed person.
   a) Always  b) Sometime  c) Never.

18. I am in the habit of getting excited and abusing others in filthy language.
   a) Always  b) Sometime  c) Never.

19. I do not like to chat with other or I am unable to do so.
   a) Always  b) Sometime  c) Never.

20. My relatives not only dislike me but also misbehave with me.
   a) Always  b) Sometime  c) Never.

21. I am not over burdened with depression & anxiety.
   a) Always  b) Sometime  c) Never.

22. I feel tired due to lack of sufficient rest.
   a) Always  b) Sometime  c) Never.

23. I feel depressed unnecessarily.
   a) Always  b) Sometime  c) Never.
24. I do not face any difficulty in adjusting to the existing environment.
   a) Always  b) Sometime  c) Never.

25. I often feel uncomfortable owing to diarrhoea.
   a) Always  b) Sometime  c) Never.

26. Life does not seem to be a burden to me.
   a) Always  b) Sometime  c) Never.

27. I apprehend danger without any valid ground for it.
   a) Always  b) Sometime  c) Never.

28. I can easily mix with the children and enjoy their comparison.
   a) Always  b) Sometime  c) Never.

29. I do not think my self to be a grotesque person.
   a) Always  b) Sometime  c) Never.

30. I have not experienced the pangs of failure.
   a) Always  b) Sometime  c) Never.

31. I feel that no body likes me.
   a) Always  b) Sometime  c) Never.

32. Night mare haunt me.
   a) Always  b) Sometime  c) Never.
33. I do not lose self confidence even when in danger.
   a) Always  b) Sometime  c) Never.

34. Excitement causes my ears and head rumbling.
   a) Always  b) Sometime  c) Never.

35. I am in every doubt whether I will be of any help to others or not.
   a) Always  b) Sometime  c) Never.

36. Inspite of presence of a few problems, I feel myself happy & satisfied.
   a) Always  b) Sometime  c) Never.

37. Apprehension of misdeeds perpetuated by me does not disturb sleep.
   a) Always  b) Sometime  c) Never.

38. I suffer from constipation.
   a) Always  b) Sometime  c) Never.

39. I can express whatever I like to say without shame.
   a) Always  b) Sometime  c) Never.

40. I am afraid of calling by the authority.
   a) Always  b) Sometime  c) Never.