

REMIT – Remission Evaluation and Mood Inventory Tool

For each question, please **CIRCLE THE NUMBER** that corresponds to your answer.

Over the **last 2 weeks**,...?

| | | <i>None of the time</i> | <i>A little of the time</i> | <i>Some of the time</i> | <i>Most of the time</i> | <i>All of the time</i> | |
|----|---|-------------------------|-----------------------------|-------------------------|-------------------------|------------------------|---------|
| 1. | Did you feel happy? | 4 | 3 | 2 | 1 | 0 | _____ |
| 2. | Did you feel content? | 4 | 3 | 2 | 1 | 0 | _____ + |
| 3. | Did you feel in control of your emotions? | 4 | 3 | 2 | 1 | 0 | _____ + |
| 4. | Did you bounce back when things went wrong? | 4 | 3 | 2 | 1 | 0 | _____ + |
| 5. | Did the future seem dark to you? | 0 | 1 | 2 | 3 | 4 | _____ + |

TOTAL =

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