

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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