

We are now supplementing the questionnaire entries and usage methods.

Chinese Version

抑郁症患者心理社会功能问卷

指导语：请根据您的主观感受、自我评价以及您在生活中的能力来回答下列问题。每个问题均有 5 个选项，请您按照最近一周的实际情况选出最符合的选项，在相应的选项上划“√”。

1. 我对自己的生活现状感到	1 很喜欢	2 较喜欢	3 一般	4 不太喜欢	5 很不喜欢
2. 我在日常生活中充满活力	1 很同意	2 较同意	3 不确定	4 较不同意	5 很不同意
3. 我觉得生命有意义、有目标	1 很同意	2 较同意	3 不确定	4 较不同意	5 很不同意
4. 我生活中的愉快或喜悦感觉	1 很多	2 比较多	3 有一些	4 比较少	5 很少
5. 总体上，我对我的生活感到	1 很满意	2 较满意	3 不确定	4 较不满意	5 很不满意
6. 想到大多数娱乐游戏或体育活动时，我没有回避、焦虑而是充满热情	1 总是	2 经常	3 有时	4 偶尔	5 无
7. 我很难有效地调节自己的情绪*	5 很同意	4 较同意	3 不确定	2 较不同意	1 很不同意
8. 我对我的未来抱有很大希望	1 很同意	2 较同意	3 不确定	4 较不同意	5 很不同意
9. 我感到我是一个有价值的人，至少与身边的大多数人一样	1 很同意	2 较同意	3 不确定	4 较不同意	5 很不同意
10. 总体上，我工作或活动的时间减少了*	5 很同意	4 较同意	3 不确定	2 较不同意	1 很不同意
11. 我做事情（工作、学习或家务活动）的效率下降了*	5 很同意	4 较同意	3 不确定	2 较不同意	1 很不同意
12. 我尽量回避社交或其他外出活动*	5 总是	4 经常	3 有时	2 偶尔	1 无
13. 我会为自己安排一些休闲放松的活动	1 总是	2 经常	3 有时	4 偶尔	5 无
14. 我能够很好地理解别人的意见或建议	1 总是	2 经常	3 有时	4 偶尔	5 无
15. 我能够为我的爱人或其他家人提供支持或陪伴	1 总是	2 经常	3 有时	4 偶尔	5 无
16. 我能在生活中找到许多兴趣或乐趣	1 总是	2 经常	3 有时	4 偶尔	5 无
17. 在家庭之外，我会主动寻求朋友们的理解和支持	1 总是	2 经常	3 有时	4 偶尔	5 无
18. 我与周围群体（如社区、同事、亲戚朋友或其他团体）的相处	1 非常好	2 较好	3 一般	4 不太好	5 非常不好

计分与解释：本问卷包括主观幸福感（第 1-5 题）、心理认知（第 6-9 题）与社会功能（第 10-18 题）三个维度，共 18 个项目，采用 5 级评分（1-5 分），其中第 7、10、11、12 项为反向计分题，已用*标注。问卷总分越高，则说明心理社会功能受损越严重。

English Version**Psychosocial Functioning Questionnaire for Patients with Major Depression Disorder**

Instructions: Please answer the following questions based on your subjective feelings, self-evaluation, and your ability in your life. Each question has 5 options, please select the most suitable option according to the actual situation in the last week, and tick the corresponding option box with "√".

1. How do I feel about the current state of my life?	1 like it very much	2 like it	3 neutral	4 like it not that much	5 dislike it very much
2. I am full of energy in my daily life.	1 strongly agree	2 agree	3 undecided	4 disagree	5 strongly disagree
3. I have the feeling that life is meaningful and purposeful.	1 strongly agree	2 agree	3 undecided	4 disagree	5 strongly disagree
4. How is the joy or pleasant feeling in my life?	1 a lot	2 more than a few	3 some	4 relatively few	5 very few
5. How do I feel about my life in general?	1 strongly satisfied	2 satisfied	3 undecided	4 unsatisfied	5 strongly unsatisfied
6. I am not avoidant or anxious but passionate when I think of most entertaining games or sports.	1 always	2 often	3 sometimes	4 occasionally	5 never
7. It is difficult for me to regulate my emotion effectively*.	5 strongly agree	4 agree	3 undecided	2 disagree	1 strongly disagree
8. I have great hope for my future.	1 strongly agree	2 agree	3 undecided	4 disagree	5 strongly disagree
9. I feel that I am a valuable person, at least as most people around me.	1 strongly agree	2 agree	3 undecided	4 disagree	5 strongly disagree
10. In general, I spend less time on working or activities*.	5 strongly agree	4 agree	3 undecided	2 disagree	1 strongly disagree
11. My efficiency in doing things like work, study, or housework decreased*.	5 strongly agree	4 agree	3 undecided	2 disagree	1 strongly disagree
12. I try to avoid socializing or other outgoing activities*.	5 always	4 often	3 sometimes	2 occasionally	1 never
13. I arrange some leisure	1	2	3	4	5

and relaxing activities for myself.	always	often	sometimes	occasionally	never
14. I can understand others' opinions or suggestions very well.	1 always	2 often	3 sometimes	4 occasionally	5 never
15. I can provide support or companionship for my lover or other family members.	1 always	2 often	3 sometimes	4 occasionally	5 never
16. I can find many interests or pleasures in my life.	1 always	2 often	3 sometimes	4 occasionally	5 never
17. Outside family, I initiatively seek the understanding and support from my friends.	1 always	2 often	3 sometimes	4 occasionally	5 never
18. My relationship with surrounding groups (such as the community, colleagues, relatives and friends, or other groups).	1 very good	2 good	3 fair	4 poor	5 very poor

Scoring and interpretation: The questionnaire includes three dimensions: subjective well-being (1-5), psychological cognitive functioning (6-9) and social functioning (10-18), with a total of 18 items, which are graded at 5 levels (1-5). Items 7, 10, 11 and 12 are reverse scoring questions, which have been marked with *. The higher the total score of the questionnaire, the more serious the impairment of psychosocial functioning is.