Your name or initials:								Date:														
Please complete the following	sur	veys	s BE	FOF	RE ar	nd AF	TEI	R th	e se	ssio	Please complete the survey on th	e ba	ack A	AFT	ER	the	sess	sion.	Tha	nk y	ou!	
		Befor	ssior	n	After Session							Before Session						After Session				
Brief Mood Survey*		t	×				T.	Α			Happiness*		١,	¥ .	جّ		٧		<b>*</b>	ş		
<b>Instructions.</b> Use checks (✓) to indicate how you're feeling <i>right now.</i> <b>Please answer all the items.</b>	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	3—A lot	4—Extremely	Instructions. Use checks (✓) to indicate how you're feeling <i>right now</i> . Please answer all the items.		0—Not at all	I—Somewhat	2—Moderately	3—A lot	4—Extremely	0—Not at all	1—Somewhat	2—Moderately	–A lot	4—Extremely
How <i>depressed</i> do you feel right now?	0	+	2-	မ	4	ᆫ	1-	2-	မှ	4		-	<u> </u>	-   '	2	<u>ω</u>	4	P	1	2	မှ	4
1. Sad or down in the dumps						_					Happy and joyful							⊩		₩		┿
2. Discouraged or hopeless						_					2. Hopeful and optimistic							_	-	₩		+-
3. Low self-esteem, inferiority, worthlessness						_					3. Worthwhile, high self-esteem							⊩		₩		+-
4. Loss of motivation to do things											4. Motivated, productive			_				⊩		₩		_
5. Loss of pleasure or satisfaction in life											5. Pleasure and satisfaction in life				_			_	┸_		-	
0 1111 B		Tota	al 🗪				Tota	al 🗪					ı	otal	<b>→</b> [				10	tal 👈	`	
Suicidal urges: Do you sometimes		1	1	1	_	_	1					-	<b>.</b>	_					A Ct	•	. •	
1. Feel like you'd be better off dead?		-	1	1	Н	⊢						E	Before	Ses	SSIO	n			Afte	r Ses	sion	
2. Have suicidal thoughts or fantasies?				1	Н	⊢					Relationship Satisfaction *	eq	pa						<u>ම</u>   ම			
3. Have urges or plans to end your life?		<u> </u>	<u>.                                    </u>		Щ		<u> </u>	<u> </u>			Put the name of an important	tisf	isfi		eq	jed		;	TIST isfi		ed .	<u>e</u>
How anxious do you feel right now?		l ota	al <del>&gt;</del>		$\dashv$		lota	al →			relationship in your life:  Use checks (✓) to indicate how you feel about this relationship.  Please answer all 5 items.	1—Moderately Dissatisfied	2—Somewhat Dissatisfied		-Somewhat Satisfied	5-Moderately Satisfied	6—Very Satisfied	0—Very Dissatisfied	1—moderately Dissatisfied 2—Somewhat Dissatisfied		Somewhat Satisfied	5—Moderately Satisfied 6—Very Satisfied
1. Anxious												ıtel)	/hat		/hat	ıtel)	atis	ssa	nter)		hat	atist
2. Frightened											Use checks (✓) to indicate how you	Jers	new	3—Neutral	new	der	Š	y D	nera new	-Neutral	Je -	y S
3. Worrying about things											feel about this relationship.	Š	Šor	Š	Sor	Ň	Ver	. Ver	Š Š	ŞΕ	Šor :	ĕ  ĕ
4. Tense or on edge											Please answer all 5 items.	1	2–	3—	4	2—	j J	<del>-</del> 0	7 7			
5. Nervous											Communication and openness											
		Tota	al 🗪				Tota	al <del>&gt;</del>			2. Resolving conflicts											
How angry do you feel right now?											3. Degree of affection and caring											
1. Frustrated				1	П						4. Intimacy and closeness						_			$\sqcup$		
2. Annoyed					Н	-					5. Overall satisfaction											
3. Resentful					Н	-							1	otal	→		_		,	Total	→L	
4. Angry					$\vdash \vdash$																	
5. Irritated					Н	-					How much psychotherapy home	work	have	you	don	e sin	ice yo	ur las	sess	ion? (	<b>√</b> )	
o. Imatos	l	Tota	al <del>&gt;</del>				Tota	al <del>&gt;</del>			None A little			A m	ode	rate	amou	nt		A lo	ot	
																		1				

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## Please fill this out AFTER the session. Thank you!

Evaluation of Therapy Session*	ne.	true	2-Moderately true		4-Completely true				
<b>Instructions.</b> Use checks (✓) to indicate how you felt	all tr	/hat	ately	ne	etely				
about your most recent therapy session.	t at	mew	dera	y tr	mple				
Please answer all the items.	0-Not at all true	1-Somewhat true	2–Mo	3-Very true	4-Co				
Therapeutic Empathy									
My therapist seemed warm, supportive, and concerned.									
2. My therapist seemed trustworthy.									
3. My therapist treated me with respect.									
4. My therapist did a good job of listening.									
5. My therapist understood how I felt inside.									
	Total →								
Helpfulness of the Session									
6. I was able to express my feelings during the session.									
7. I talked about the problems that are bothering me.									
8. The techniques we used were helpful.									
9. The approach my therapist used made sense.									
10. I learned some new ways to deal with my problems.									
		Tot	al 🗲	•					
Satisfaction with Today's Session	1		_						
11. I believe the session was helpful to me.									
12. Overall, I was satisfied with today's session.									
		Tot							
Your Commitment									
13. I plan to do therapy homework before the next session.									
14. I intend to use what I learned in today's session.									
		Tot	al 🗲						
Negative Feelings During the Session	on			•					
<b>15.</b> At times, my therapist didn't seem to understand how I felt.									
<b>16.</b> At times, I felt uncomfortable during the session.									
17. I didn't always agree with my therapist.									
Total →									
Difficulties with the Questions		1	Т	Т					
18. It was hard to answer some of these questions honestly.									
19. Sometimes my answers didn't show how I really felt inside.									
<b>20.</b> It would be too upsetting for me to criticize my therapist.									
		To	tal →						

What did you like *the least* about the session?

What did you like the best about the session?

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