

# **Depression Self-Rating Test**

Nearly 20 million Americans experience depression but many will never seek treatment. The Depression Self-Rating Test is a simple 16-question quiz that can help identify common symptoms of depression and their severity. Remember—depression is more than just feeling down—it is a real medical condition that can be effectively treated.

**Please complete the following questionnaire and return it to your healthcare provider.**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**Instructions:** Please **circle** the one response to each item that best describes you for the past seven days.

**1. Falling asleep:**

- 0 I never take longer than 30 minutes to fall asleep.
- 1 I take at least 30 minutes to fall asleep, less than half the time.
- 2 I take at least 30 minutes to fall asleep, more than half the time.
- 3 I take more than 60 minutes to fall asleep, more than half the time.

**2. Sleep during the night:**

- 0 I do not wake up at night.
- 1 I have a restless, light sleep with a few brief awakenings each night.
- 2 I wake up at least once a night, but I go back to sleep easily
- 3 I awaken more than once a night and stay awake for 20 minutes or more, more than half the time.

**3. Waking up too early:**

- 0 Most of the time, I awaken no more than 30 minutes before I need to get up.
- 1 More than half the time, I awaken more than 30 minutes before I need to get up.
- 2 I almost always awaken at least one hour or so before I need to, but I go back to sleep eventually
- 3 I awaken at least one hour before I need to, and can't go back to sleep.

**4. Sleeping too much:**

- 0 I sleep no longer than 7-8 hours/night, without napping during the day.
- 1 I sleep no longer than 10 hours in a 24-hour period including naps.
- 2 I sleep no longer than 12 hours in a 24-hour period including naps.
- 3 I sleep longer than 12 hours in a 24-hour period including naps.

**5. Feeling sad:**

- 0 I do not feel sad.
- 1 I feel sad less than half the time.
- 2 I feel sad more than half the time.
- 3 I feel sad nearly all of the time.

**6. Decreased appetite:**

- 0 There is no change in my usual appetite.
- 1 I eat somewhat less often or lesser amounts of food than usual.
- 2 I eat much less than usual and only with personal effort
- 3 I rarely eat within a 24-hour period, and only with extreme personal effort or when others persuade me to eat

**7. Increased appetite:**

- 0 There is no change from my usual appetite.
- 1 I feel a need to eat more frequently than usual.
- 2 I regularly eat more often and/or greater amounts of food than usual.
- 3 I feel driven to overeat both at mealtime and between meals.

**8. Decreased weight (within the last two weeks):**

- 0 I have not had a change in my weight.
- 1 I feel as if I've had a slight weight loss.
- 2 I have lost 2 pounds or more.
- 3 I have lost 5 pounds or more.

**9. Increased weight (within the last two weeks):**

- 0 I have not had a change in my weight
- 1 I feel as if I've had a slight weight gain.
- 2 I have gained 2 pounds or more.
- 3 I have gained 5 pounds or more.

<p><b>10. Concentration/Decision making:</b></p> <p>0 There is no change in my usual capacity To concentrate or make decisions.</p> <p>1 I occasionally feel indecisive or find that my attention wanders.</p> <p>2 Most of the time, I struggle to focus my attention or to make decisions.</p> <p>3 I cannot concentrate well enough to read or cannot make even minor decisions</p> <p><b>11. View of myself:</b></p> <p>0 I see myself as equally worthwhile and deserving as other people</p> <p>1 I am more self-blaming than usual.</p> <p>2 I largely believe that I cause problems for others</p> <p>3 I think almost constantly about major and minor defects in myself</p> <p><b>12. Thoughts of death or suicide:</b></p> <p>0 I do not think of suicide or death,</p> <p>1 I feel that life is empty or wonder if it's worth living.</p> <p>2 I think of suicide or death several times a week for several minutes.</p> <p>3 I think of suicide or death several times a day in some detail, or I have made specific plans for suicide or have actually tried to take my life</p> <p><b>13. General interest:</b></p> <p>0 There is no change from usual in how interested I am in other people or activities.</p> <p>1 notice that I am less interested in people or activities.</p>	<p>2 I find I have interest in only one or two of my formerly pursued activities.</p> <p>3 I have virtually no interest in formerly pursued activities</p> <p><b>14. Energy level:</b></p> <p>0 There is no change in my usual level of energy.</p> <p>1 I get tired more easily than usual.</p> <p>2 I have to make a big effort to start or finish my usual daily activities (for example: shopping homework, cooking, or going to work).</p> <p>3 I really cannot carry out most of my usual daily activities because I just don't have the energy.</p> <p><b>15. Feeling slowed down:</b></p> <p>0 I think, speak, and move at my usual rate of speed</p> <p>1 I find that my thinking is slowed down or my voice sounds dull or flat</p> <p>2 It takes me several seconds to respond to most questions, and I'm sure my thinking is slowed.</p> <p>3 I am often unable to respond to questions without extreme effort</p> <p><b>16. Feeling restless:</b></p> <p>0 I do not feel restless.</p> <p>1 I'm often fidgety, wringing my hands, or need to shift how I am sitting.</p> <p>2 I have impulses to move about and am quite restless.</p> <p>3 At times, I am unable to stay seated and need to pace around.</p>
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**This section is to be completed by your doctor.**

**To Score:**

Enter the highest score on any I of the 4 sleep items (1—4)	_____
Item 5	_____
Enter the highest score on any I appetite/weight item (6—9)	_____
Item 10	_____
Item 11	_____
Item 12	_____
Item 13	_____
Item 14	_____
Enter the highest score on either of the 2 psychomotor items (15 and 16)	_____
<b>TOTAL SCORE</b> (Range 0—27)	_____

**Scoring Criteria:** Normal 0-5 Mild 6-10 Moderate 11-15 Severe 16-20 Very Severe 21+

NOTE: The above cutoff points are based largely on clinical judgment rather than on empirical data.  
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 References; I .National Institute of Mental Health website. Depression Research at the National Institute of Mental Health Fact Sheet Available at;  
<http://www.nimh.nih.gov/publicat/depresfact.cfm>. Accessed November 28,2002.  
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