

INDICATION

A screening tool for depression

ADDITIONAL INFORMATION

Ask the patient: How often have they been bothered by the following over the past 2 weeks?

INTERPRETATION

SCORE	DEPRESSION SEVERITY
<20	No depression
20-24	Mild
25-29	Moderate
≥30	Severe*

***Further criteria for Severe (major) depression:**

- First 3 sysmptoms should have scored at least "Most of the time"
- Other sympmtoms scored at least "More than half of the time"

CALCULATION

QUESTION		POINTS
Felt low in spirits or sad?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Lost interest in daily activities?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Felt lacking in energy and strength?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Felt less self-confident?*	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Had a bad conscience or feelings of guilt?*	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Felt that life wasn't worth living?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Had difficulty in concentrating?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Felt very restless?**	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Felt subdued or slowed down?**	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Had trouble sleeping at night?	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Suffered from reduced appetite?***	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5
Suffered from increased appetite?***	At no time	+0
	Some of the time	+1
	Slightly less than half of the time	+2
	Slightly more than half of the time	+3
	Most of the time	+4
	All the time	+5

Three sets of 2 questons use same diagnostic criteria for depression in DSM-IV, therefore use the highest score only:

- *Use highest score of 2 questions
- ** Use highest score of 2 questions
- *** Use highest score of 2 questions