

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 symptoms should have scored at least "Most of the time"
- Other symptoms 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

Three sets of 2 questions 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