

Depression Evaluation Self-Rating Scale

This self-rating scale allows you to evaluate how much your symptoms affect your everyday life. Complete this scale as follows: 0 indicates no impact on your daily life, 5 indicates a moderate but noticeable impact on your daily life, and 10 demonstrates a highly significant impact on your daily life so much so that you're not able to function. Circle the number to rate each symptom as it has affected you over the past 2 weeks:

1. Sadness throughout the day, nearly every day: Feeling sad is a natural part of life, but prolonged sadness can be a symptom of depression, especially if your sadness interferes with everyday life.

1 2 3 4 5 6 7 8 9 10

2. Loss of interest in, or enjoyment of your favorite activities: If you have lost interest in the things you once enjoyed, like going to the movies, hanging out with friends, or walking the dog, you may be experiencing one of the common symptoms of depression.

1 2 3 4 5 6 7 8 9 10

3. Feelings of worthlessness: Do you feel like you don't matter or that you don't deserve to be happy? Have you experienced these feelings for an extended period of time?

1 2 3 4 5 6 7 8 9 10

4. Excessive or inappropriate guilt: Are you having excessive feelings of guilt? Are you constantly blaming yourself when things don't turn out well? You may have done nothing wrong, but maybe you feel like what you do is never right.

1 2 3 4 5 6 7 8 9 10

5. Thoughts of death or suicide: Thoughts of death or suicide are common in depression, and it's important to take these thoughts seriously. If you feel like giving up, call your therapist immediately, or take yourself to the nearest Hospital Emergency Room. You can also call the National Suicide Prevention Helpline 1 (800) SUICIDE (1-800-784-2433).

1 2 3 4 5 6 7 8 9 10

6. Trouble making decisions: Are you having trouble making decisions? Do the little things frustrate you? Do some decisions seem too overwhelming or burdensome?

1 2 3 4 5 6 7 8 9 10

7. Fatigue or lack of energy: Feeling tired or fatigued every day may be associated with depression. Do you drag yourself out of bed each morning? Do you feel like you have no energy to do the tasks your supposed to complete each day?

1 2 3 4 5 6 7 8 9 10

8. Sleeping disturbances: Sleeping too much or not enough may be a symptom of depression. Do you stay awake at night and feel sleepy during the day? Sleep studies suggest that 40% to 60% of outpatients, and 90% of inpatients with depression may have sleep problems.

1 2 3 4 5 6 7 8 9 10

9. Appetite disturbances: A lack of appetite, or eating too much, including a weight change of 5% (up or down) in a month when you haven't been trying to lose or gain weight may be a sign of depression.

1 2 3 4 5 6 7 8 9 10

10. Trouble concentrating: Has your performance gone down because you can't concentrate? Are you unable to focus on your daily tasks and projects? Is your mind always racing?

1 2 3 4 5 6 7 8 9 10

11. Complaints of pain: Do you have nagging aches and pains that don't seem to go away? Complaints of aches and pain can be a symptom of depression.

1 2 3 4 5 6 7 8 9 10

12. Restlessness: Are you easily agitated? Do you have trouble sitting still? Do you find yourself pacing back and forth?

1 2 3 4 5 6 7 8 9 10

13. Feelings of hopelessness: Do you feel like your life will never improve, no matter what you do and that there's no point in trying to make your circumstances better?

1 2 3 4 5 6 7 8 9 10

14. Low self-esteem: Do you sense that you're just not good enough, and no matter how hard you try you just can't do typical everyday tasks as well as others? Are you too hard on yourself?

1 2 3 4 5 6 7 8 9 10

15. Lack of reactivity: Do you find that you don't react to pleasurable events like you used to? Do you find that you don't feel much better, even temporarily, when something good happens?

1 2 3 4 5 6 7 8 9 10

16. Early morning awakening: Do you awaken in the morning earlier than your usual time (2 or more hours earlier) and are unable to go back to sleep?

1 2 3 4 5 6 7 8 9 10

17. Early morning worsening: Do you notice that your depression is regularly worse in the morning, and your mood improves throughout the day?

1 2 3 4 5 6 7 8 9 10

18. Overall Functioning: How seriously do the above rated symptoms impair your daily functioning, and cause you emotional distress?

1 2 3 4 5 6 7 8 9 10