

Depression Self-Rating Scale

INSTRUCTIONS: This scale is designed for your personal use. There are no right or wrong answers. Usually your first response is the best. Please print these pages out for your personal reference.

- For each item decide if it
 - NEVER applies to you (mark 0)
 - SOMETIMES applies to you (mark 1)
 - HALF THE TIME applies to you (circle 2)
 - FREQUENTLY applies to you (mark 3)
 - ALWAYS applies to you (mark 4).
- When you are finished add up your totals in all 5 columns to get your TOTAL SCORE.
- Make sure you base your answers on how you actually behave in your daily life, not on how you would like to be.

I am frequently tearful, downhearted, or sad	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel I want to cry but cannot	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I have gained or lost weight recently	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I don't feel like doing regular activities or things I used to do	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel hopeless or helpless about my situation	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I get tired or just want to lay around	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I feel like I want to be by myself and not socialize with people	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I have difficulty getting to sleep, staying asleep or wake up earlier than I had planned	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I would say I am depressed	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Life just does not seem like it's worth living	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
My life is without enjoyment	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I find myself wanting to "escape" my life	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Morning is when I feel the worst	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I often have crying spells	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I get tired for no apparent reason or sooner than I should	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
My mind is not as clear as it used to be	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I am restless and can't keep still	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

OCD Recovery Centers of America

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<http://www.ocdrecoverycenters.com>

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I do not feel hopeful about the future	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I am more irritable than usual	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I sometimes feel that others would be better off if I were dead	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
I don't enjoy the things I used to do	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

SCORING: Total the number of points in each of the columns. Add all columns together to get your **TOTAL SCORE**

- MINIMAL DEPRESSION - 0 to 19 point
- MILD DEPRESSION - 20 to 39 points
- MODERATE DEPRESSION - 40 to 59 points
- HIGH DEPRESSION (Warning Level) - 60 to 79 points
- EXTREME DEPRESSION (Warning Level) - 80 to 88 points

These Self-Rating Scales are for general use only. If you suspect you might have serious anxiety or depression, we urge you to obtain professional help.