

DEPRESSIVE SYMPTOMATOLOGY INVENTORY QIDS-SR16 (Page 1)

Your clinician has indicated a need for a depression inventory. Please indicate your response to the following by filling in the appropriate response numbered at left.

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- I never take longer than 30 minutes to fall asleep.
 - I take at least 30 minutes to fall asleep, less than half the time.
 - I take at least 30 minutes to fall asleep, more than half the time.
 - I take more than 60 minutes to fall sleep, more than half the time.
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- I do not wake up at night.
 - I have a restless, light sleep with a few brief awakenings each night.
 - I wake up at least once a night, but I go back to sleep easily.
 - I awaken more than once a night and stay awake for 20 mins or more, more than half the time
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- Most of the time, I awaken no more than 30 mins before I need to get up.
 - More than half the time, I awaken more than 30 mins before I need to get up.
 - I almost always awaken at least one hour or so before I need to, but I go back to sleep
 - I awaken at least one hour before I need to, and can't go back to sleep.
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- I sleep no longer than 7-8 hours/night, without napping during the day.
 - I sleep no longer than 10 hours in a 24-hour period including naps.
 - I sleep no longer than 12 hours in a 24-hour period including naps.
 - I sleep longer than 12 hours in a 24-hour period including naps.
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- I don't feel sad
 - I feel sad less than half the time
 - I feel sad more than half the time
 - I feel sad nearly all of the time
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- There is no change in my usual appetite.
 - I eat somewhat less often or lesser amounts of food than usual
 - I eat much less than usual and only with personal effort
 - I rarely eat within a 24-hr period, and only with extreme personal effort or persuasion
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- There is no change from my usual appetite
 - I feel a need to eat more frequently than usual.
 - I regularly eat more often and/or greater amounts of food than usual.
 - I feel driven to overeat both at mealtime and between meals.
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- I have not had a change in my weight
- I feel as if I've had a slight weight loss
- I have lost 2 pounds or more

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I have lost 5 pounds or more

- I have not had a change in my weight
 - I feel as if I've had a slight weight gain
 - I have gained 2 pounds or more
 - I have gained 5 pounds or more
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- There is no change in my usual capacity to concentrate or make decisions.
 - I occasionally feel indecisive or find that my attention wanders.
 - Most of the time, I struggle to focus my attention or to make decisions.
 - I cannot concentrate well enough to read or cannot make even minor decisions.
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- I see myself as equally worthwhile and deserving as other people.
 - I am more self-blaming than usual.
 - I largely believe that I cause problems for others.
 - I think almost constantly about major and minor defects in myself.
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- I do not think of suicide or death
 - I feel that life is empty or wonder if it's worth living
 - I think suicide or death several times a week for several minutes
 - I think of suicide or death several times a day in some detail
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- There is no change from usual in how interested I am in other people or activities.
 - I notice that I am less interested in people or activities.
 - I find I have interest in only one or two of my formerly pursued activities.
 - I have virtually no interest in formerly pursued activities.
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- There is no change in my usual level of energy
 - I get tired more easily than usual
 - I have to make a big effort to start or finish my usual daily activities
 - I really cannot carry out most of my usual daily activities because I just don't have energy
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- I think, speak, and move at my usual rate of speed
 - I find that my thinking is slowed down or my voice sounds dull or flat
 - It takes me several seconds to respond to most questions and I'm sure my thinking is slowed
 - I am often unable to respond to questions without extreme effort
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- I do not feel restless
 - I'm often fidgety, wringing my hands, or need to shift how I am sitting
 - I have impulses to move about and am quite restless
 - At times, I am unable to stay seated and need to pace around
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- I don't get more tired than usual
 - I get tired more easily than I used to
 - I get tired from doing almost anything
 - I am too tired to do anything
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- My appetite is no worse than usual
 - My appetite is not as good as it used to be
 - My appetite is much worse now
 - I have no appetite at all anymore
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- I haven't lost much weight, if any, lately
 - I have lost more than five pounds
 - I have lost more than 10 pounds
 - I have lost more than 15 pounds
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- I am not worried about my health more than usual
 - I am worried about physical problems like aches, pain, upset stomach or constipation
 - I am very worried about physical problems and it is hard to think about much else
 - I am so worried about my physical problems that I cannot think about anything else
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- I have not noticed any recent changes in my interest in sex
 - I am less interested in sex than I used to be
 - I have almost no interest in sex
 - I have lost interest in sex completely
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