

Depression symptom Checklist (DSC)**Date:****Over the past 2 weeks have you been troubled by the following.****Please complete all questions**

	I have been:-	Not at all 0	A little 1	Moderately 2	A lot 3
1	Noticing a loss of pleasure in things				
2	Feeling low				
3	Feeling Irritable or angry				
4	Feeling depressed				
5	Noticed a change in weight				
6	Eating less or eating more				
7	Losing interest in things				
8	Not sleeping enough or sleeping too much				
9	Feeling agitated like I can't easily sit still				
10	Feeling slowed down				
11	Feeling tired or fatigued				
12	Feeling a loss of energy				
13	Feeling guilty				
14	Experiencing difficulty in concentrating or been indecisive				
15	Thinking of suicide				
16	Suffering bereavement				
17	Self critical				
18	Feeling like I am being punished				
19	Feeling a failure				
20	Crying more than usual				
21	Feeling worthless				
22	Feeling on edge				

Scoring the Depression Screening Checklist (DSC)

The DSC is a simple checklist that asks relevant questions from within those that comprise the diagnostic criteria for major depression. The DSC also asks questions that allow a fuller CBT understanding of your problem to be determined. The questions are scored by simply adding the columns up. Each symptom can be

understood, by the score it attracts) as indicating mild, moderate or severe impact on your mood and your life. The totals can also be used to periodically check progress and so give a benchmark of the present symptom severity and progress as it is made.

Scores 0 - 12 Normal range

13 - 22 Mild depressed symptom presentation

23 - 44 Moderate depressed symptom presentation

45 - 66 Severe depressed symptom presentation

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