

Calgary Depression Scale for Schizophrenia (CDSS)

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Interviewer: Ask the first question as written. Use follow up probes or qualifiers at your discretion. Time frame refers to last two weeks unless stipulated. N.B. The last item, # 9, is based on observations of the entire interview.

I. DEPRESSION: How would you describe your mood over the last two weeks? Do you keep reasonably cheerful or have you been very depressed or low spirited recently? In the last two weeks how often have you (own words) every day? All day?

0. **Absent**

1. **Mild** - Expresses some sadness or discouragement on questioning.
2. **Moderate** - Distinct depressed mood persisting up to half the time over last 2 weeks: present daily.
3. **Severe** - Markedly depressed mood persisting daily over half the time interfering with normal motor and social functioning.

II. HOPELESSNESS: How do you see the future for yourself? Can you see any future? Or has life seemed quite hopeless? Have you given up or does there still seem some reason for trying?

0. **Absent**

1. **Mild** - Has at times felt hopeless over the last two weeks but still has some degree of hope for the future.
2. **Moderate** - Persistent, Moderate sense of hopelessness over the last 2 weeks. Can be persuaded to acknowledge possibility of things being better.
3. **Severe** - Persisting and distressing sense of hopelessness.

III. SELF DEPRECIATION: What is your opinion of your self compared to other people? Do you feel better, not as good, or about the same as other? Do you feel inferior or even worthless?

0. **Absent**

1. **Mild** - Some inferiority; not amounting to feeling of worthlessness.
2. **Moderate** - Subject feels worthless, but less than 50% of the time.
3. **Severe** - Subject feels worthless more than 50% of the time. May be challenged to acknowledge otherwise.

IV. GUILTY IDEAS OF REFERENCE: Do you have the feeling that you are being blamed for something or even wrongly accused? What about? (Do not include justifiable blame or accusation. Exclude delusions of guilt.)

0. **Absent**

1. **Mild** - Subject feels blamed but not accused less than 50% of the time.
2. **Moderate** - Persisting sense of being blamed, and/or occasional sense of being accused.
3. **Severe** - Persistent sense of being accused. When challenged, acknowledges that it is not so.

V. PATHOLOGICAL GUILT: Do you tend to blame yourself for little things you may have done in the past? Do you think that you deserve to be so concerned about this?

0. **Absent**

1. **Mild** - Subject sometimes feels over guilty about some minor peccadillo, but less than 50% of time.
2. **Moderate** - Subject usually (over 50% of time) feels guilty about past actions the significance of which he exaggerates.
3. **Severe** - Subject usually feels s/he is to blame for everything that has gone wrong, even when not his/her fault.

VI. MORNING DEPRESSION: When you have felt depressed over the last 2 weeks have you noticed the depression being worse at any particular time of day?

0. **Absent** - No depression.

1. **Mild** - Depression present but no diurnal variation.
2. **Moderate** - Depression spontaneously mentioned to be worse in a.m.
3. **Severe** - Depression markedly worse in a.m., with impaired functioning which improves in p.m.

VII. EARLY WAKENING: Do you wake earlier in the morning than is normal for you? How many times a week does this happen?

0. **Absent** - No early wakening.

1. **Mild** - Occasionally wakes (up to twice weekly) 1 hour or more before normal time to wake or alarm time.
2. **Moderate** - Often wakes early (up to 5 times weekly) 1 hour or more before normal time to wake or alarm.
3. **Severe** - Daily wakes 1 hour or more before normal time.

VIII. SUICIDE: Have you felt that life wasn't worth living? Did you ever feel like ending it all? What did you think you might do? Did you actually try?

0. **Absent**

1. **Mild** - Frequent thoughts of being better off dead, or occasional thoughts of suicide.
2. **Moderate** - Deliberately considered suicide with a plan, but made no attempt.
3. **Severe** - Suicidal attempt apparently designed to end in death (i.e.: accidental discovery of inefficient means).

IX. OBSERVED DEPRESSION: Based on interviewer's observations during the entire interview. The question "Do you feel like crying?" used at appropriate points in the interview, may elicit information useful to this observation.

0. **Absent**

1. **Mild** - Subject appears sad and mournful even during parts of the interview, involving affectively neutral discussion.
2. **Moderate** - Subject appears sad and mournful throughout the interview, with gloomy monotonous voice and is tearful or close to tears at times.
3. **Severe** - Subject chokes on distressing topics, frequently sighs deeply and cries openly, or is persistently in a state of frozen misery if examiner is sure that this is present.