Quick Inventory of Depressive Symptomatology–Self-Report (QIDS-SR-16)

Please circle the one response to each item that best describes you for the past 7 days.

1. Falling Asleep:
   0  I never take longer than 30 minutes to fall asleep.
   1  I take at least 30 minutes to fall asleep, less than half the time.
   2  I take at least 30 minutes to fall asleep, more than half the time.
   3  I take more than 60 minutes to fall asleep, more than half the time.

2. Sleep During the Night:
   0  I do not wake up at night.
   1  I have a restless, light sleep with a few brief awakenings each night.
   2  I wake up at least once a night, but I go back to sleep easily.
   3  I awaken more than once a night and stay awake for 20 minutes or more, more than half the time.

3. Waking Up Too Early:
   0  Most of the time, I awaken no more than 30 minutes before I need to get up.
   1  More than half the time, I awaken more than 30 minutes before I need to get up.
   2  I almost always awaken at least one hour or so before I need to, but I go back to sleep eventually.
   3  I awaken at least one hour before I need to, and can’t go back to sleep.

4. Sleeping Too Much:
   0  I sleep no longer than 7–8 hours/night, without napping during the day.
   1  I sleep no longer than 10 hours in a 24-hour period including naps.
   2  I sleep no longer than 12 hours in a 24-hour period including naps.
   3  I sleep longer than 12 hours in a 24-hour period including naps.

Enter the highest score on any 1 of the 4 sleep items
(1–4 above) _______

5. Feeling Sad:
   0  I do not feel sad.
   1  I feel sad less than half the time.
   2  I feel sad more than half the time.
   3  I feel sad nearly all of the time.

6. Decreased Appetite:
   0  There is no change in my usual appetite.
   1  I eat somewhat less often or lesser amounts of food than usual.
   2  I eat much less than usual and only with personal effort.
   3  I rarely eat within a 24-hour period, and only with extreme personal effort or when others persuade me to eat.

7. Increased Appetite:
   0  There is no change from my usual appetite.
   1  I feel a need to eat more frequently than usual.
   2  I regularly eat more often and/or greater amounts of food than usual.
   3  I feel driven to overeat both at mealtime and between meals.

8. Decreased Weight (Within the Last 2 Weeks):
   0  I have not had a change in my weight.
   1  I feel as if I’ve had a slight weight loss.
   2  I have lost 2 pounds or more.
   3  I have lost 5 pounds or more.

9. Increased Weight (Within the Last 2 Weeks):
   0  I have not had a change in my weight.
   1  I feel as if I’ve had a slight weight gain.
   2  I have gained 2 pounds or more.
   3  I have gained 5 pounds or more.

Enter the highest score on any 1 of the 4 appetite/weight change items (6–9 above) _______

10. Concentration/Decision Making:
    0  There is no change in my usual capacity to concentrate or make decisions.
    1  I occasionally feel indecisive or find that my attention wanders.
    2  Most of the time, I struggle to focus my attention or to make decisions.
    3  I cannot concentrate well enough to read or cannot make even minor decisions.

11. View of Myself:
    0  I see myself as equally worthwhile and deserving as other people.
    1  I am more self-blaming than usual.
    2  I largely believe that I cause problems for others.
    3  I think almost constantly about major and minor defects in myself.

12. Thoughts of Death or Suicide:
    0  I do not think of suicide or death.
    1  I feel that life is empty or wonder if it’s worth living.
    2  I think of suicide or death several times a week for several minutes.
    3  I think of suicide or death several times a day in some detail, or I have made specific plans for suicide or have actually tried to take my life.

13. General Interest:
    0  There is no change from usual in how interested I am in other people or activities.
    1  I notice that I am less interested in people or activities.
    2  I find I have interest in only one or two of my formerly pursued activities.
    3  I have virtually no interest in formerly pursued activities.

14. Energy Level:
    0  There is no change in my usual level of energy.
    1  I get tired more easily than usual.
    2  It takes me several seconds to respond to most questions and I am often unable to respond to questions without extreme effort.

15. Feeling Slowed Down:
    0  I think, speak, and move at my usual rate of speed.
    1  I find that my thinking is slowed down or my voice sounds dull or flat.
    2  It takes me several seconds to respond to most questions and I’m sure my thinking is slowed.

16. Feeling Restless:
    0  I do not feel restless.
    1  I’m often fidgety, wringing my hands, or need to shift how I am sitting.
    2  I have impulses to move about and am quite restless.
    3  At times, I am unable to stay seated and need to pace around.

Enter the highest score on either of the 2 psychomotor items
(15 or 16 above) _______

Total Score: _______ (Range 0–27)
QIDS-SR16 Scoring Criteria

0–5 Normal
6–10 Mild
11–15 Moderate
16–20 Moderate to Severe
21+ Severe