

MADRS

NAME: _____

DATE: _____

1. **Apparent Sadness** – representing despondency, gloom, despair (more than just ordinary transient low spirits), reflected in speech, facial expression and posture. Rated by depth and inability to brighten up.
 - 0 – no sadness
 - 1 –
 - 2 – apparent sadness
 - 3 –
 - 4 – looks dispirited but does brighten up without difficulties
 - 5 –
 - 6 – looks miserable all the time, extremely despondent

2. **Reported Sadness** – representing decreased mood, regardless of whether it is reflected in appearance or not, includes low spirits, despondency, or the feeling of being beyond help and without help. Rate according to intensity, duration and the extent to which the mood is reported to be influenced by events.
 - 0 – occasional sadness in keeping with circumstances
 - 1 –
 - 2 – sad or low but brightens up without difficulties
 - 3 –
 - 4 – pervasive feelings of sadness or gloominess. The mood is still influenced by external circumstances.
 - 5 –
 - 6 – continuous or unvarying sadness, misery, or despondency

3. **Inner Tension** – representing feelings of ill-defined discomfort, edginess, inner turmoil, mental tension mounting to either panic, dread, or anguish. Rate according to intensity, frequency, duration and the extent of reassurances called for.
 - 0 – placid, only fleeting inner tension
 - 1 –
 - 2 – occasional feelings of edginess, and ill-defined discomfort
 - 3 –
 - 4 – continuous feeling of inner tension, or intermittent panic, which the patient can only master with some difficulty
 - 5 –
 - 6 – unrelenting dread or anguish: overwhelming panic

4. **Reduced Sleep** – representing the experience of reduced duration or depth of sleep compared to the subject's own normal sleep pattern when well.
 - 0 – sleeps as usual
 - 1 –
 - 2 – slight difficulty drooping off to sleep or slightly reduced, light, or fitful sleep
 - 3 –
 - 4 – sleep reduced or broken by at least 2 hours
 - 5 –
 - 6 – less than 2 or 3 hours sleep

5. **Reduced Appetite** – representing a feeling of a loss of appetite compared with when well. Rate by loss of desire for food or the need to force oneself to eat.
 - 0 – normal or increased appetite
 - 1 –
 - 2 – slightly reduces appetite
 - 3 –
 - 4 – no appetite, food is tasteless
 - 5 –
 - 6 – needs persuasion to eat at all

6. **Concentration Difficulties** – representing difficulties in collecting one’s own thoughts amounting to incapacitating lack of concentration. Rate according to intensity, frequency, and degree of incapacity produced.
- 0 – no difficulties in concentration
 - 1 –
 - 2 – occasional difficulties in collecting one’s thoughts
 - 3 –
 - 4 – difficulties in concentrating and sustaining thoughts which reduces ability to read or hold a conversation
 - 5 –
 - 6 – unable to read or converse without difficulty
7. **Lassitude** – representing a difficulty in getting started or slowness initiating and performing everyday activities.
- 0 – hardly any difficulty in getting started. no sluggishness
 - 1 –
 - 2 – difficulties in starting activities
 - 3 –
 - 4 – difficulties in starting simply routine activities, which are carried out with effort
 - 5 –
 - 6 – complete lassitude, unable to do anything without help
8. **Inability to Feel** – representing the subjective experience of reduced interest in the surroundings, or activities that normally give pleasure. The ability to react with adequate emotions to circumstances or people is reduced.
- 0 – normal interest in the surroundings and in other people.
 - 1 –
 - 2 – reduced ability to enjoy usual interest
 - 3 –
 - 4 – loss of interest in surroundings, loss of feeling for friends and acquaintances
 - 5 –
 - 6 – the experienced of being emotionally paralyzed inability to feel anger, or pleasure and a complete or even painful failure to feel for close relatives and friends
9. **Pessimistic Thoughts** – representing thoughts of guilt, inferiority, self-reproach, sinfulness, remorse and ruin.
- 0 – no pessimistic thoughts
 - 1 –
 - 2 – fluctuating ideas of failure, self-reproach, or self-depreciation
 - 3 –
 - 4 – persistent self-accusations, or definite but still rational ideas of guilt or sin, increasing pessimistic about the future.
 - 5 –
 - 6 – delusions or ruin, remorse, or unredeemable sin; self accusation which are absurd and unshakable
10. **Suicidal Thoughts** – representing the feeling that life is not worth living, that a natural death would be welcome, suicidal thoughts and preparation for suicide. Suicidal attempts should not, in themselves influence the rating.
- 0 – enjoys life or takes it as it comes
 - 1 –
 - 2 – weary of life, only fleeting suicidal thought
 - 3 –
 - 4 – probably better off dead, suicidal thoughts are common, and suicide is considered as a possible solution, but without specific plans or intentions
 - 5 –
 - 6 – explicit plans for suicide when there is an opportunity, active preparation for suicide