

## CHILDHOOD DEPRESSION RATING SCALE- Parent Version

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Person Filling out form: \_\_\_\_\_

**Directions:** Below are 20 questions designed to help us characterize your child's overall mood lately. Please think back to the **past 2 weeks**, and rate how each item has affected your child:

1. **Schoolwork** (attitude towards school, grades, ability to complete tasks)
  - 1 School performance not affected; performing up to usual ability level
  - 2
  - 3 Decline in school performance in some subjects
  - 4
  - 5 Problems cause major interference in most subjects; some failing grades
  - 6
  - 7 Unable to perform at all; no motivation in schoolwork; failing most classes
  
2. **Ability to have fun** and enjoy self in recreation (hobbies, friends, outside interests, sports)
  - 1 Normal involvement; appropriate motivation and interest levels
  - 2
  - 3 Interest remains, but has less enthusiasm; spending less time than normal in activities
  - 4
  - 5 Easily bored with most things; spends little times in activities or playing
  - 6
  - 7 Shows no interest in activities; unmotivated to play or become involved; avoids activities
  
3. **Social withdrawal** (isolating / withdrawing from friends or family)
  - 1 Eagerly interacts and participates as usual
  - 2
  - 3 Waits for others to initiate interaction; may occasionally refuse to interact/socialize
  - 4
  - 5 Frequently avoids or refuses to interact or socialize
  - 6
  - 7 Completely refuses/avoids contact with others; is shut off and isolative
  
4. **Initial insomnia** (falling asleep)
  - 1 None; falls to sleep fine
  - 2 Complaints of occasional difficulty falling asleep (more than 30 minutes)
  - 3 Complaints of **nightly** difficulty falling asleep
  
5. **Middle insomnia** (waking up in the middle of the night)
  - 1 None; sleeps soundly through the night
  - 2 Has restless/disturbed sleep, or awakens on occasion in middle of night
  - 3 Wakes during night and takes an hour or so to return to sleep; even gets out of bed

- 6 **Terminal Insomnia** (awakening several hours earlier than I should and can't return to sleep)
- 1 None; awakens at the proper time
  - 2 Awakens hours earlier than normal, but can return to sleep
  - 3 Awakens hours early, but cannot return to sleep before the alarm goes off
- 7 **Appetite** and eating patterns
- 1 No problems; eats well enough
  - 2
  - 3 Seems to eat a bit more or a bit less than usual, but no weight change
  - 4
  - 5 Noted decrease or increase in appetite with weight change
- 8 **Fatigue** and energy level
- 1 Normal; nothing unusual
  - 2
  - 3 Seems sometimes more tired than usual
  - 4
  - 5 Daily complaints of tiredness or need to nap, decrease activity level overall
  - 6
  - 7 Frequently naps or sleeps in class, lethargic appearing
- 9 **Physical complaints** (headaches, stomach aches, dizzy, etc.)
- 1 Rare; usually no complaints
  - 2
  - 3 Some complaints but does not impair ability to play or go to school
  - 4
  - 5 Daily complaints; some interference in performance or activity
  - 6
  - 7 Preoccupied with physical complaints; prevents much involvement and participation
- 10 **Irritability**/Temper/Overreactive
- 1 Rare, but age appropriate
  - 2
  - 3 A few times a day for short periods only
  - 4
  - 5 Several times a day for long periods
  - 6
  - 7 Almost constant anger and irritability; short-tempered
- 11 **Feelings of guilt**, remorse, or need to be punished
- 1 Appropriate to situation and age
  - 2
  - 3 Seems to feel overly responsible and worried for things that happen, apologizes a lot
  - 4
  - 5 Worries and blames self for many things; sees self as "bad" or needing punishment
  - 6
  - 7 Very preoccupied by guilt, blame or sin; wants to be punished or tries to punish self

12 **Self-esteem** (self-worth; how they view themselves)

- 1 Sees self in positive terms
- 2
- 3 Feels not good or deficient at one or two things specifically
- 4
- 5 Sees self in negative terms in general
- 6
- 7 Criticizes self a lot; only has bad or “worthless” opinion of self

13 **Depressed, sad or “blue” feelings**

- 1 Occasional sadness, but appropriate
- 2
- 3 Notable periods of brief sadness or depressed mood that seem excessive
- 4
- 5 Seems to be unhappy in general for no particular reason
- 6
- 7 Noticeably depressed/unhappy and can’t seem to shake it

14 **Morbid thinking** (about death, killing, war, evil, etc.)

- 1 Rare; seems to be appropriate for age and context
- 2
- 3 Some noticeable morbid thoughts that seem excessive for age or context
- 4
- 5 Seems preoccupied or interested in morbid thinking and themes a lot of the time
- 6
- 7 Seems to constantly be thinking of morbid thoughts and talking about morbid subjects

15 **Suicidal thinking** and behavior

- 1 None at all
- 2
- 3 Rare talk or thought of being dead, but only when very angry
- 4
- 5 Recurrent thoughts of suicide or has made plans to end life, BUT HAS NOT ACTED
- 6
- 7 Actually has attempted suicide recently or feels they will very soon

16 **Weeping/crying/emotional sensitivity**

- 1 Normal for age and context
- 2
- 3 Seems to cry more often and more easily than peers
- 4
- 5 Cries several times a week for no apparent reason
- 6
- 7 Cries nearly every day

17 **Depressed or sad appearance**

- 1 No apparent sadness noted
- 2
- 3 Some loss of emotional facial expression; occasionally appears sad
- 4
- 5 Definite reduction in emotional responsiveness, frequently looks depressed and sad
- 6
- 7 Always appears teary, sad and depressed

18 **Slowed tempo of speech or thinking:** tone and speed of speech, speed of responding to questions

- 1 No problem; seems normal
- 2
- 3 Slowed down such that it slows down conversations at times
- 4
- 5 So sluggish that its hard to converse of get thoughts out

19 **Slowness of movement** and level of activity

- 1 No change; reacts and moves at normal pace; normal level of activity
- 2
- 3 Mild or occasional decrease in activity level
- 4
- 5 Notable and frequent times of underactivity or slowness to move around
- 6
- 7 Very pronounced sluggishness and lack of activity or movement overall

20 **Emotional lability** and over-reactivity of mood

- 1 Normal for age and situations
- 2
- 3 Seems more moody and abrupt; some temper problems and frustration problems
- 4
- 5 Very moody and easily angered