



## SCORING of Major (ICD-10) Depression

Each item is scored on a Likert scale from 0 to 5, with the following possibilities:

	All the time	Most of the time	Slightly more than half the time	Slightly less than half the time	Some of the time	At no time
Item 1	5	4	3	2	1	0
Item 2	5	4	3	2	1	0
Item 3	5	4	3	2	1	0
Item 4	5	4	3	2	1	0
Item 5	5	4	3	2	1	0
Item 6	5	4	3	2	1	0
Item 7	5	4	3	2	1	0
Item 8a*	5	4	3	2	1	0
Item 8b*	5	4	3	2	1	0
Item 9	5	4	3	2	1	0
Item 10a*	5	4	3	2	1	0
Item 10b*	5	4	3	2	1	0

\*For items 8 and 10 are concerned, choose the sub-item (a or b) with the highest score.

To measure treatment outcome the sum of the ten items is used. A higher score signifies deeper depression.

When using the scale to diagnose depression according to ICD-10, there are the following possibilities:

**Mild depression:** A score of 4 or 5 in two of the first three items. Plus a score of at least 3 on two or three of the last seven items.

**Moderate depression:** A score of 4 or 5 in two or three of the first three items. Plus a score of at least 3 on four of the last seven items.

**Severe depression:** A score of 4 or 5 in all of the first three items. Plus a score of at least 3 on five or more of the last seven items.

**Major depression:** The number of items is reduced to nine, as Item 4 is part of Item 5. Include whichever of the two items has the highest score (item 4 or 5).

A score on at least five items is required, to be scored as follows: the score on the first three items must be at least 4, and on the other items at least 3. Either Item 1 or 2 must have a score of 4 or 5.