

# Calgary Depression Scale for Schizophrenia (CDSS)

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.

**1. 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.

**2. 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 last week. Can be persuaded to acknowledge possibility of things being better.
- 3. Severe Persisting and distressing sense of hopelessness.

**3. 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 others? 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.

**4. 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.

**5. 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.

**6. 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.

**7. 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.

**8. 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 or inefficient means).

**9. 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

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More information on administering and scoring the CDSS is available at: <http://www.ucalgary.ca/cdss/>