

## CHILDREN'S DEPRESSION RATING SCALE-REVISED (CDRS-R)

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### 1. Impaired Schoolwork (rate 1 to 6)

1 = Performance is consistent with ability

6 = No motivation to perform

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### 2. Difficulty Having Fun (rate 1 to 7)

1 = Interest and activities realistically appropriate for age, personality, and social environment. No appreciable change from usual behavior during at least the past 2 weeks. Any feelings of boredom are seen as transient

7 = Has no initiative to become involved in any activities. Describes himself/herself as primarily passive. Watches others play or watches TV but shows little interest. Shows no enthusiasm or real interest

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### 3. Social Withdrawal (rate 1 to 7)

1 = Enjoys friendships with peers at school and at home

7 = Does not currently relate to other children. States that he/she has "no friends" or actively rejects new or former friends

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### 4. Sleep Disturbance (rate 1 to 5)

1 = No difficulty or occasional difficulty that is situationally explainable

5 = Has difficulty with sleep nearly every night

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### 5. Appetite Disturbance (rate 1 to 5)

1 = No problems or changes in eating pattern

5 = Avoids eating and/or is not hungry most of the time OR describes a noteworthy increase in appetite and/or excessive food intake

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### 6. Excessive Fatigue (rate 1 to 7)

1 = No unusual complaints of "feeling tired" during the day

7 = Complains of feeling tired most of the day. May voluntarily take long naps without feeling refreshed. Degree of fatigue interferes with play activities

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### 7. Physical Complaints (rate 1 to 7)

1 = Occasional complaints that do not appear to be excessive

7 = Preoccupied with aches and pains. These regularly interfere with play activities

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### 8. Irritability (rate 1 to 6)

1 = Rarely irritable

6 = Constant experience of irritability. Nothing changes this mood

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**9. Excessive Guilt (rate 1 to 6)**

- 1 = Does not express any undue feeling of guilt. Reported guilt appears appropriate to precipitating event  
6 = Severe delusions of guilt
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**10. Low Self-Esteem (rate 1 to 7)**

- 1 = Describes himself/herself in primarily positive terms  
7 = Refers to himself/herself in derogatory terms. Reports that other children frequently refer to him/her by using derogatory nicknames. Puts himself/herself down
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**11. Depressed Feelings (rate 1 to 7)**

- 1 = Occasional feelings of unhappiness that quickly disappear  
7 = Feels unhappy all of the time; characterized by a sense of psychic pain (eg, "I can't stand it")
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**12. Morbid Ideation (rate 1 to 7)**

- 1 = No morbid thinking reported  
7 = Preoccupied on a daily basis with death themes or morbid thought that are elaborate, extensive, or bizarre
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**13. Suicidal Ideation (rate 1 to 7)**

- 1 = Understands the word suicide, but does not apply the term to himself/herself  
7 = Has made a suicide attempt within the last month or is actively suicidal
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**14. Excessive Weeping (rate 1 to 6)**

- 1 = Report appears normal for age  
6 = Cries nearly every day
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**15. Depressed Facial Affect (rate 1 to 7)**

- 1 = Facial expression and voice animated during the interview. No sign of depressed affect  
7 = Severe restriction of affect. Looks distinctly sad and withdrawn. Minimal verbal interaction throughout the interview. Cries or may appear tearful
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**16. Listless Speech (rate 1 to 5)**

- 1 = Quality of speech seems situationally sensitive without any noteworthy deviations  
5 = Extreme sense of psychic distress exhibited in voice or by a profound sense of hollowness or emptiness. Has difficulty conducting the interview
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**17. Hypoactivity (rate 1 to 6)**

- 1 = Bodily movements are animated. (Note that hyperactive, agitated child is not distinguished here from what would be seen as normal nondistracting behavior; hyperactivity should be noted)  
6 = Severe sense of motor retardation with catatonic-like qualities
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**Total of all subscores = Raw summary score \_\_\_\_\_**