

MADRS-Y

Youth version

Name:

Date:

This self-report questionnaire aims to assess symptoms of depression. It consists of 12 statements referring to how you are feeling right now and have felt over the past three days. Do not think for too long when answering, but instead try to work fairly quickly.

About sadness

I feel...

0... happy or sad, depending on what is happening.

1

2... sad sometimes.

3

4... sad all the time and cannot enjoy things that usually make me happy.

5

6... so sad and unhappy that I cannot imagine feeling worse.

About irritation and/or anger

I feel...

0... no increased irritation and/or anger.

1

2... more irritated than normal, but the feeling disappears quickly.

3

4... excessively angry when something doesn't go my way.

5

6... long-lasting intense anger or hatred, which is difficult or impossible to control.

About worry and/or anxiety

I feel...

0... calm.

1

2... inner worry and/or anxiety sometimes.

3

4... inner worry and/or anxiety often, which can be very strong.

5

6... long-lasting and/or unbearable anxiety.

About reduced sleep

Answer based on your sleeping patters over the past three days even if you are currently taking sleeping pills.

If you are sleeping more than usual, mark 0 (zero).

I am sleeping...

0... good, peacefully, and long enough, or more than usual.

1

2... shorter and more restlessly than usual sometimes. I occasionally have difficulty falling asleep.

3

4... at least two hours less per night than normal. I wake up often.

5

6... very bad, only 2–3 hours per night.

About increased sleep

Answer based on your sleeping patterns over the past three days even if you are currently taking sleeping pills.

If you are sleeping less than usual, mark 0 (zero)

I am sleeping...

0... good, peacefully, and long enough, or less than usual.

1

2... more than normal sometimes.

3

4... at least two hours more per night than normal.

5

6... far too much. I sleep more than 14 hours a day.

About reduced appetite

If you have a better appetite than normal, mark 0 (zero).

My appetite is...

0... normal or increased.

1

2... poorer than usual.

3

4... much poorer than usual. I often have to force myself to eat.

5

6... completely gone. If I'm to get anything in me, I have to be persuaded to eat.

About increased appetite

If you have a poorer appetite than normal, mark 0 (zero).

My appetite is...

0... normal (feeling hungry, eating regularly, and feeling full), or poorer than normal.

1

2... sometimes larger than normal.

3

4... often larger than normal and I often eat more than I want to.

5

6... excessive. I eat all the time even though I do not want to.

About concentration

My ability to concentrate is...

0... good.

1

2... worse than normal sometimes.

3

4... often much worse than normal, and this makes school assignments and reading more difficult.

5

6... extremely poor. I cannot focus on anything.

About getting started with things

Getting started with things is...

0... easy.

1

2... difficult from time to time.

3

4... often difficult and requires a lot of effort.

5

6... impossible. I cannot even bring myself to get started with the simplest everyday tasks.

Interest and engagement

I feel...

0... interested and engaged in the world around me.

1

2... less interest and engagement in things that usually make me happy.

3

4... often no interest at all in things around me, not even in friends.

5

6... nothing. I feel painfully indifferent.

About how you think about yourself and your future

I feel...

0... quite happy with myself and confident about the future.

1

2... dissatisfied with myself and unsure of the future.

3

4... like a failure, less worthy than others, and usually do not feel confident about the future.

5

6... totally worthless and like a bad person and do not feel confident about the future.

About life and death

I feel...

0... the desire to live.

1

2... meaninglessness but I do not wish I was dead.

3

4... little zest for life and I often think it would be better to be dead.

5

6... that I do not want to live. I think my only way out is to die, and I think a lot about how to kill myself.
