

# CDRS Scale

Patient name: \_\_\_\_\_

GP: \_\_\_\_\_

DOB: \_\_\_\_\_

Parent or guardian information: \_\_\_\_\_

Referral made: \_\_\_\_\_

---

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

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

- 1 = Performance is consistent with ability
- 6 = No motivation to perform

### 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

### 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

### 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

### 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

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

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

8. Irritability (rate 1 to 6)

- 1 = Rarely irritable
- 6 = Constant experience of irritability. Nothing changes this mood

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

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

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")

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

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

14. Excessive Weeping (rate 1 to 6)

- 1 = Report appears normal for age
- 6 = Cries nearly every day

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

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

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

---

**Total of all subscores:** \_\_\_\_\_

Raw summary score