

# Clinically Useful Depression Outcome Scale (CUDOS) Assessment

## Patient Information

Patient Name:

Date of Assessment:

Assessment Conducted by:

Clinical Setting:

## Instructions:

Please rate each item on a scale of 0 to 4, where 0 indicates "Not at all" and 4 indicates "Nearly every day." Consider the patient's experiences over the past two weeks.

## Scoring:

- Total scores can range from 0 to 48.
- Higher scores indicate greater severity of depressive symptoms.

## Assessment Items:

Please rate the following items based on the patient's experiences.

### 1. Sad Mood:

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

### 2. Appetite/Weight Changes:

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

### 3. Sleep Disturbance:

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time

- 3 - Most of the time
- 4 - Nearly every day

**4. Agitation or Psychomotor Retardation:**

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

**5. Feelings of Guilt/Worthlessness:**

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

**6. Concentration Difficulties:**

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

**7. Lethargy/Fatigue:**

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time
- 3 - Most of the time
- 4 - Nearly every day

**8. Suicidal Thoughts or Ideation:**

- 0 - Not at all
- 1 - Occasionally
- 2 - Some of the time

3 - Most of the time

4 - Nearly every day

**Total Score:**

**Interpretation:**

- 0-10: Minimal depression
- 11-20: Mild depression
- 21-30: Moderate depression
- 31-40: Severe depression
- 41-48: Very severe depression

**Recommendations:**