
Quick Inventory of Depressive Symptomatology (Clinician-Rated) (QIDS-C)

Name: _____ Today's date: _____

Please select one response to each item that best describes the patient for the last seven days.

1. Sleep-onset insomnia:
 - 0 Never takes longer than 30 minutes to fall asleep.
 - 1 Takes at least 30 minutes to fall asleep less than half the time.
 - 2 Takes at least 30 minutes to fall asleep more than half the time.
 - 3 Takes more than 60 minutes to fall asleep more than half the time.
2. Mid-nocturnal insomnia:
 - 0 Does not wake up at night.
 - 1 Restless, light sleep with few awakenings.
 - 2 Wakes up at least once a night, but goes back to sleep easily.
 - 3 Awakens more than once a night and stays awake for 20 minutes or more, more than half the time.
3. Early morning insomnia:
 - 0 Less than half the time, awakens no more than 30 minutes before necessary.
 - 1 More than half the time, awakens more than 30 minutes before need be.
 - 2 Awakens at least one hour before need be more than half the time.
 - 3 Awakens at least two hours before need be more than half the time.
4. Hypersomnia:
 - 0 Sleeps no longer than 7–8 hours/night, without naps.
 - 1 Sleeps no longer than 10 hours in a 24-hour period (include naps).
 - 2 Sleeps no longer than 12 hours in a 24-hour period (include naps).
 - 3 Sleeps longer than 12 hours in a 24-hour period (include naps).
5. Mood (sad):
 - 0 Does not feel sad.
 - 1 Feels sad less than half the time.
 - 2 Feels sad more than half the time.
 - 3 Feels intensely sad virtually all the time.
6. Appetite (decreased):
 - 0 No change from usual appetite.
 - 1 Eats somewhat less often and/or lesser amounts than usual.
 - 2 Eats much less than usual and only with personal effort.
 - 3 Eats rarely within a 24-hour period and only with extreme personal effort or with persuasion by others.
7. Appetite (increased):
 - 0 No change from usual appetite.
 - 1 More frequently feels a need to eat than usual.
 - 2 Regularly eats more often and/or greater amounts than usual.
 - 3 Feels driven to overeat at and between meals.
8. Weight (decrease) within the last two weeks:
 - 0 Has experienced no weight change.
 - 1 Feels as if some slight weight loss has occurred.
 - 2 Has lost 2 pounds or more.
 - 3 Has lost 5 pounds or more.
9. Weight (increase) within the last two weeks:
 - 0 Has experienced no weight change.
 - 1 Feels as if some slight weight gain has occurred.
 - 1 Has gained 2 pounds or more.
 - 2 Has gained 5 pounds or more.

Enter the highest score on any one of the four sleep items (1–4 above) _____

Enter the highest score on any one of the four appetite/weight-change items (6–9 above) _____

10. Concentration/decision making:

- o No change in usual capacity to concentrate and decide.
- 1 Occasionally feels indecisive or notes that attention often wanders.
- 2 Most of the time struggles to focus attention or make decisions.
- 3 Cannot concentrate well enough to read or cannot make even minor decisions.

11. Outlook (self):

- o Sees self as equally worthwhile and deserving as others.
- 1 Is more self-blaming than usual.
- 2 Largely believes that he/she causes problems for others.
- 3 Ruminates over major and minor defects in self.

12. Suicidal ideation:

- o Does not think of suicide or death.
- 1 Feels life is empty or is not worth living.
- 2 Thinks of suicide/death several times a week for several minutes.
- 3 Thinks of suicide/death several times a day in depth, or has made specific plans, or has attempted suicide.

13. Involvement:

- o No change from usual level of interest in other people and activities.
- 1 Notices a reduction in former interests/activities.
- 2 Finds only one or two former interests remain.
- 3 Has virtually no interest in formerly pursued activities.

14. Energy/fatiguability:

- o No change in usual level of energy.
- 1 Tires more easily than usual.
- 2 Makes significant personal effort to initiate or maintain usual daily activities.
- 3 Unable to carry out most of the usual daily activities due to lack of energy.

15. Psychomotor slowing:

- o Normal speed of thinking, gesturing, and speaking.
- 1 Patient notes slowed thinking, and voice modulation is reduced.
- 2 Takes several seconds to respond to most questions; reports slowed thinking.
- 3 Is largely unresponsive to most questions without strong encouragement.

16. Psychomotor agitation:

- o No increased speed or disorganization in thinking or gesturing.
- 1 Fidgets, wrings hands, and shifts positions often.
- 2 Describes impulse to move about and displays motor restlessness.
- 3 Unable to stay seated. Paces about with or without permission.

Enter the highest score on either of the two psychomotor items (15 or 16 above)

Total score: _____ (Range 0–27)