

Clinically Useful Depression Outcome Scale (CUDOS)

Name _____ Date _____

DEPRESSION SCALE

INSTRUCTIONS

This questionnaire includes questions about symptoms of depression. For each item please indicate how well it describes you during the PAST WEEK, INCLUDING TODAY. Circle the number in the columns next to the item that best describes you.

RATING GUIDELINES

0=not at all true (0 days)

1=rarely true (1-2 days)

2=sometimes true (3-4 days)

3=often true (5-6 days)

4=almost always true (every day)

During the PAST WEEK, INCLUDING TODAY....

- | | | | | | |
|---|---|---|---|---|---|
| 1. I felt sad or depressed..... | 0 | 1 | 2 | 3 | 4 |
| 2. I was not as interested in my usual activities | 0 | 1 | 2 | 3 | 4 |
| 3. My appetite was poor and I didn't feel like eating | 0 | 1 | 2 | 3 | 4 |
| 4. My appetite was much greater than usual | 0 | 1 | 2 | 3 | 4 |
| 5. I had difficulty sleeping..... | 0 | 1 | 2 | 3 | 4 |
| 6. I was sleeping too much..... | 0 | 1 | 2 | 3 | 4 |
| 7. I felt very fidgety, making it difficult to sit still..... | 0 | 1 | 2 | 3 | 4 |
| 8. I felt physically slowed down, like my body was stuck in mud | 0 | 1 | 2 | 3 | 4 |
| 9. My energy level was low | 0 | 1 | 2 | 3 | 4 |
| 10. I felt guilty | 0 | 1 | 2 | 3 | 4 |
| 11. I thought I was a failure | 0 | 1 | 2 | 3 | 4 |
| 12. I had problems concentrating..... | 0 | 1 | 2 | 3 | 4 |
| 13. I had more difficulties making decisions than usual..... | 0 | 1 | 2 | 3 | 4 |
| 14. I wished I was dead..... | 0 | 1 | 2 | 3 | 4 |
| 15. I thought about killing myself..... | 0 | 1 | 2 | 3 | 4 |
| 16. I thought that the future looked hopeless..... | 0 | 1 | 2 | 3 | 4 |
17. Overall, how much have symptoms of depression interfered with or caused difficulties in your life during the past week?
- 0) not at all
 - 1) a little bit
 - 2) a moderate amount
 - 3) quite a bit
 - 4) extremely
18. How would you rate your overall quality of life during the past week?
- 0) very good, my life could hardly be better
 - 1) pretty good, most things are going well
 - 2) the good and bad parts are about equal
 - 3) pretty bad, most things are going poorly
 - 4) very bad, my life could hardly be worse

How do I interpret the scores on the Clinically Useful Depression Outcome Scale (CUDOS)?

Depression Severity	CUDOS Score Range
Non-depressed	0-10
Minimal Depression	11-20
Mild Depression	21-30
Moderate Depression	31-45
Severe Depression	46 and above

This interpretation provided with permission of the author, Mark Zimmerman, MD. Dr. Zimmerman has granted permission for the scales only to be used by clinicians in their individual clinical practice, and to researchers for use in non-industry related studies. Any other uses of the scales represent a potential violation of copyright.