Mathers Clinic
MADRS: Montgomery-Åsberg Depression Rating Scale

Name: ___________________________ Date: __________/________/________
Time: __________:_________ Personal Notes: ________________________________

Place a value for each question in the box. Add all values for the total score.

1. **Apparent Sadness**
   Representing despondency, gloom and despair (more than just ordinary transient low spirits), reflected in speech, facial expression, and posture. Rate by depth and inability to brighten up.
   0 No sadness.
   2 Looks dispirited but does brighten up without difficulty.
   4 Appears sad and unhappy most of the time.
   6 Looks miserable all the time. Extremely despondent.

2. **Reported Sadness**
   Representing reports of depressed mood, regardless of whether it is reflected in appearance or not.
   Includes low spirits, despondency or the feeling of being beyond help and without hope.
   0 Occasional sadness in keeping with the circumstances.
   2 Sad or low but brightens up without difficulty.
   4 Pervasive feelings of sadness or gloominess. The mood is still influenced by external circumstances.
   6 Continuous or unvarying sadness, misery or despondency.

3. **Inner Tension**
   Representing feelings or ill-defined discomfort, edginess, inner turmoil, mental tension mounting to either panic, dread or anguish. Rate according to intensity, frequency, duration and the extent of reassurance called for.
   0 Placid. Only fleeting inner tension.
   2 Occasional feelings of edginess and ill-defined discomfort.
   4 Continuous feelings of inner tension or intermittent panic which the patient can only master with some difficulty.
   6 Unrelenting dread or anguish. Overwhelming panic.

4. **Reduced Sleep**
   Representing the experience of reduced duration or depth of sleep compared to the subject’s own normal pattern when well.
   0 Sleeps as usual.
   2 Slight difficulty dropping off to sleep or slightly reduced, light or fitful sleep.
   4 Sleep reduced or broken by at least 2 hours.
   6 Less than 2 or 3 hours sleep.

Continued on the following page.

Adapted from the www.chsforum.com, MADRS: Montgomery-Åsberg Depression Rating Scale

Crystal Lake: 145 S Virginia St, Crystal Lake, IL 60014 phone: 815.444.9999 fax: 815.986.1363
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Elgin: 585 N Tollgate Rd, Ste E, Elgin, IL 60123 phone: 847.462.6099 fax: 847.628.6064
Fox Lake: 81 E Grand Ave, Fox Lake, IL 60020 phone: 224.908.3005 fax: 847.531.1296
5. Reduced Appetite
Representing the feeling of a loss of appetite compared with when well. Rate by loss of desire for food or the need to force oneself to eat.

- 0 Normal or increased appetite.
- 2 Slightly reduced appetite.
- 4 No appetite. Food is tasteless.
- 6 Needs persuasion to eat at all.

6. Concentration Difficulties
Representing difficulties in collecting one’s thoughts mounting to an incapacitating lack of concentration. Rate according to intensity, frequency, and degree of incapacity produced.

- 0 No difficulties in concentrating.
- 2 Occasional difficulties in collecting one’s thoughts.
- 4 Difficulties in concentrating and sustaining thought which reduces ability to read or hold a conversation.
- 6 Unable to read or converse without great difficulty.

8. Inability To Feel
Representing the subjective experience of reduced interest in the surroundings, or activities that normally give pleasure. The ability to react with adequate emotion to circumstances or people is reduced.

- 0 Normal interest in the surroundings and in other people.
- 2 Reduced ability to enjoy usual interests.
- 4 Loss of interest in the surroundings. Loss of feelings for friends and acquaintances.
- 6 The experience of being emotionally paralysed, inability to feel anger, grief or pleasure and a complete or even painful failure to feel for close relatives and friends.

10. Suicidal Thoughts
Representing the feeling that life is not worth living, that a natural death would be welcome, suicidal thoughts, and preparations for suicide. Suicide attempts should not in themselves influence the rating.

- 0 Enjoys life or takes it as it comes.
- 2 Weary of life. Only fleeting suicidal thoughts.
- 4 Probably better off dead. Suicidal thoughts are common, and suicide is considered as a possible solution, but without specific plans or intention.
- 6 Explicit plans for suicide when there is an opportunity. Active preparations for suicide.

Continued on the following page.
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Score For Each Question:

1: ___________  3: ___________  5: ___________  7: ___________  9: ___________

2: ___________  4: ___________  6: ___________  8: ___________  10: ___________

TOTAL SCORE

Mathers Clinic - MADRS: Montgomery-Åsberg Depression Rating Scale: The Maximum score is 60.

0-6 = Normal
7-19 = Mild Depression
20-34 = Moderate Depression
35-60 = Severe Depression