IPAT Depression Scale
Personal Assessment Inventory
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The IPAT Depression Scale is a 40-item questionnaire used in clinical diagnosis and psychological research on depression. It is based on 7 depression factors including such traits as somatic complaints, feelings of guilt, and excessive self-criticism.

Provides Reliable Estimates of Depression
The Depression Scale lets you quickly focus on those clients who exhibit symptoms of depression so that you can immediately begin treatment. Over 1,000 individually diagnosed psychiatric cases and several thousand normal controls were analyzed during the development of the scale. Test validation blended two distinct strategies, factor analysis and contrasted groups, to insure both construct and empirical validity in the final scale.

Using the Depression Scale you can quickly diagnose those clients who exhibit symptoms of depression and begin to immediately implement effective treatment strategies. The test is easy to administer and to keep the testing experience itself from becoming depressing, test items are arranged so that the more positive-sounding questions are fairly evenly distributed throughout the test.

Features
TEST FORM
Personal Assessment Inventory
Testing time: No limit. Approximately 10 minutes.
Age: 16 years through adult.

REPORT CONTENT
Scales
Total Depression only.
Reliabilities average .93.
Scoring
Answers are marked directly on the booklet so one test booklet is required per examinee. The test is easily scored using a key which fits directly over each page of the test booklet. Optional Handbook for the IPAT Depression Scale contains norm tables and information about interpreting test results.

Proven Performance, Reliable Results
The Depression Scale maintains continuity with Raymond Cattell's 16 Personality Factor Questionnaire, one of the most widely used assessment instruments for the normal adult personality. The strength of the 16PF, and the over 40 years of research and documented performance behind it, makes the Depression Scale an important addition to your battery of assessment instruments.

To order testing materials, please refer to your IPAT product catalog. Or call us toll-free at 1-800-225-IPAT.
PERSONAL ASSESSMENT INVENTORY

NAME ___________________________ TODAY'S DATE ________________
SEX ___________________ AGE _______ OTHER INFORMATION __________

Inside this booklet there are forty statements about how people feel or think at one time or another. There are no right or wrong answers. Just pick the one that is really true for you, and mark the a, b, or c answer.

You'll start with the two simple examples below, for practice. Read the first sentence and then put an X in the box that tells how you feel about friends. If you enjoy quiet friends, you would put an X in the a box. If you prefer lively friends, you'd mark the c box. If you really aren't sure, you'd mark the middle box. But mark the middle box only if it is impossible for you to decide definitely yes or no. Don't use it unless you absolutely have to.

1. I prefer friends who are:
   [a] quiet, [b] in between, [c] lively.  
   □  □  □

Now try this second example.

2. People say I'm impatient.
   □  □  □

Now:
1. Make sure you have put your name, and any other information requested, at the top of this page.

2. Please answer every statement. Don't skip a single one. Your answers will be entirely confidential.

3. Remember, use the middle box only if you cannot possibly decide on a or c.

4. Don't spend time thinking over the statements. Just mark your answer quickly, according to how you feel about it now.

It will take only ten minutes or so to finish. Hand in the booklet when you're through, unless told to do otherwise. If you have any questions, ask them now. As soon as you're told to, turn the page and begin.

STOP HERE—WAIT FOR SIGNAL
1. My zest for work is high.
   a   b   c

2. I worry because I don’t do much about solving my problems.
   [a] I often worry,  [b] sometimes,  [c] I almost never worry about it.
   a   b   c

3. I get into moods when I feel low and depressed.
   [a] often,  [b] occasionally,  [c] hardly ever.
   a   b   c

4. I very seldom have moments when my life seems lonely and empty.
   a   b   c

5. Much of the time I feel sluggish and too weary to move.
   [a] true,  [b] partly true,  [c] false.
   a   b   c

6. My mind works quickly and well these days.
   a   b   c

7. I feel my health is run down and I should see a doctor soon.
   a   b   c

8. I have the feeling that most people who know me really and truly like me.
   [a] true,  [b] in between,  [c] false.
   a   b   c

9. I’m not troubled by feelings of guilt.
   [a] true,  [b] I’m not troubled,  [c] false, I am troubled.
   a   b   c

10. I make up my mind easily and quickly, and seldom have reason to change it.
    [a] true,  [b] in between,  [c] false.
    a   b   c

11. I seem to blame myself for everything that goes wrong, and I’m always critical of myself.
    [a] true, most times,  [b] true, sometimes,  [c] false.
    a   b   c

12. If I’m upset, my muscles twitch and jump.
    [a] yes, often,  [b] occasionally,  [c] no.
    a   b   c

13. I don’t have very many fears of hidden physical dangers.
    [a] true,  [b] partly true,  [c] false, I am fearful.
    a   b   c

14. I feel life is so pointless and silly that I no longer even try to tell people how I feel.
    [a] true,  [b] in between,  [c] false.
    a   b   c

15. There are times when I think I’m no good for anything at all.
    [a] true, many,  [b] in between,  [c] false, almost never.
    a   b   c

16. I consider myself as able to manage my affairs as most people I know.
    a   b   c

17. I feel self-confident and relaxed.
    [a] almost all the time,  [b] sometimes,  [c] hardly ever.
    a   b   c

18. I feel too depressed and “useless” to want to talk to people.
    [a] true,  [b] in between,  [c] false.
    a   b   c

19. I seldom get so excited that I say things I’m sorry for.
    a   b   c

20. If acquaintances treat me badly and ask how they dislike me:
    [a] I tend to get downhearted,  [b] in between,  [c] it doesn’t upset me a bit.
    a   b   c

CONTINUE ON NEXT PAGE.
21. I hardly ever feel sad and gloomy.
   [a] true, I hardly ever feel sad and gloomy,  [b] sometimes I do,  [c] false, I'm often very gloomy...

22. I'm worn out and can't get enough rest.
   [a] usually,  [b] sometimes,  [c] very seldom.

23. Sometimes a dark mood of depression comes over me for no reason.

24. I hardly ever feel under such strain that it's too much effort to cope with things.
   [a] true, I don't feel under a strain  [b] uncertain,  [c] false, I do lack energy to cope.

25. Every few days my stomach feels coated and uncomfortable.
   [a] yes, definitely,  [b] a little,  [c] no, not at all.

26. I almost never feel that life is a burden.
   [a] true,  [b] in between,  [c] false.

27. Sometimes I feel that my nerves are going to pieces.

28. I find it easy to chat and joke with a person of the opposite sex.
   [a] true,  [b] in between,  [c] false.

29. I almost never wish I were "out of it all."
   [a] true, I almost never wish that  [b] uncertain,  [c] false, I do wish that.

30. I hardly ever feel that I've failed in my duties.
   [a] true, I don't  [b] in between,  [c] false, I am troubled by guilt.

31. I've fears that no one really loves me.
   [a] often,  [b] once in a while,  [c] not at all.

32. I dream a lot about frightening events.
   [a] yes, often,  [b] sometimes,  [c] no.

33. I am confident that I can face and handle most emergencies that come up.

34. I get a feeling of tension and have a tingling and buzzing in my ears.
   [a] yes, often,  [b] sometimes,  [c] no, almost never.

35. I sometimes doubt whether I have been of much use to anyone in my life.

36. I rate myself as a happy, contented person in spite of troubles here and there.

37. I rarely lie awake at night wondering what will happen because of wrong things that I've done.
   [a] true,  [b] in between,  [c] false, I do lie awake.

38. I have a weak stomach, and I easily get constipated.
   [a] true,  [b] in between,  [c] false.

39. I never regret telling people frankly my feelings and ideas.

40. I was called in by my boss, I'd:
   [a] be afraid I had done something wrong,  [b] in between,  [c] make it a chance to ask for something I want.

STOP HERE. BE SURE YOU HAVE ANSWERED EVERY QUESTION.