Appendix I Kutcher Adolescent Depression Rating Scale (KADS)

Patient Name __________________________ Date __________________

Over the last week, how have you been "on average" or "usually" regarding the following items?

1. Low mood, sadness, feeling blah or down, depressed, just can’t be bothered.
   [0] hardly ever
   [1] much of the time
   [2] most of the time
   [3] all of the time
   1a) if [1], [2] or [3], how strong were those feelings?
      [0] hardly noticed them
      [1] mild
      [2] quite strong
      [3] very strong

2. Irritable, loosing your temper easily, feeling pissed off, loosing it.
   [0] hardly ever
   [1] much of the time
   [2] most of the time
   [3] all of the time
2a) if [1], [2] or [3], how strong were those feelings?

[0] hardly noticed them

[1] mild

[2] quite strong

[3] very strong

3 **Sleep difficulties** > different from your usual (over the years before you got sick):

- Trouble falling asleep, lying awake in bed:
  
  [0] hardly ever
  
  [1] much of the time
  
  [2] most of the time
  
  [3] all of the time

- Sleeping poorly during the night, waking up, getting out of bed:
  
  [0] hardly ever
  
  [1] much of the time
  
  [2] most of the time
  
  [3] all of the time

- Waking up too early in the morning, at least 1 hour before you want to or need to get up:
  
  [0] hardly ever
  
  [1] much of the time
  
  [2] most of the time
  
  [3] all of the time
Sleep during the day, taking naps, lying down to rest:

[0] hardly ever

[1] much of the time

[2] most of the time

[3] all of the time

4 From Item 3 above, which of the following problems bothered you the most?

— trouble falling asleep, lying awake in bed

— sleeping poorly during the night, waking up, getting out of bed

— waking up too early in the morning, at least 1 hour before you want to or need to

— sleep during the day, taking naps, lying down to rest

4a) How strong was this problem?

[0] hardly noticed them

[1] mild

[2] quite strong

[3] very strong

5 Feeling decreased interest in: hanging out with friends; being with your best friend, being with your spouse; going out of the house; doing school work or work; doing hobbies or sports or recreation.

[0] hardly ever

[1] much of the time

[2] most of the time

[3] all of the time
5a) if [1], [2] or [3], how strong were these feelings?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

6 Feeling of worthless, hopelessness, letting people down, not being a good person.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time

6a) if [1], [2] or [3], how strong were those feelings?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

7 Feeling tired, feeling fatigued, low in energy, hard to get motivated, have to push to get things done, want to rest or lie down a lot.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time
7a) if [1], [2] or [3], how strong were these feelings?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

8 Trouble concentrating, can't keep your mind on schoolwork or work, daydreaming when you should be working, hard to focus when reading, getting "bored" with work or school.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time

8a) if [1], [2] or [3], how strong was this?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong
9 Appetite changing from usual (before you were sick): not feeling hungry, not wanting to eat or feeling really hungry wanting to eat a lot.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time

note: increased □
      decreased □

9a) if [1], [2] or [3], how strong were these feelings?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

10 Feeling that life is not very much fun, not feeling good when usually (before getting sick) would feel good, not getting as much pleasure from fun things as usual (before getting sick).

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time
10a) if [1], [2] or [3], how strong are these?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

11 Feeling worried, nervous, panicky, tense, keyed up, anxious.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time

11a) if [1], [2] or [3], how strong are these?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

12 Physical feelings of worry like: headaches, butterflies, nausea, tingling, restlessness, diarrhea, shakes or tremors.

[0] hardly ever
[1] much of the time
[2] most of the time
[3] all of the time
12a) if [1], [2] or [3], how strong are these?

[0] hardly noticed them
[1] mild
[2] quite strong
[3] very strong

13 **Interest in sex, thoughts about sex, sexual arousal (compared to before you were ill), sexual fantasies.**

[0] as usual or think about it more
[1] occasionally think about it
[2] seldom think about it
[3] never think about it

14 **Thoughts, plans, or actions about suicide or self-harm.**

[0] no thoughts or plans or actions
[1] occasional thoughts no plans or actions
[2] frequent thoughts no plans or actions
[3] plans and/or actions that have hurt
SCORING KEY:

In every item:

\[ [0] = 0 \]
\[ [1] = 1 \]
\[ [2] = 2 \]
\[ [3] = 3 \]

<table>
<thead>
<tr>
<th>SCORING ITEM</th>
<th>RANGE</th>
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<tbody>
<tr>
<td>STEM-ITEM TOTAL SCORE (1-13*)</td>
<td>0 - 36</td>
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<tr>
<td>SUICIDE ITEM SCORE (14)</td>
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<tr>
<td>TOTAL KADS SCORE (1-14*)</td>
<td>0 - 39</td>
</tr>
<tr>
<td>SUBSIDIARY ITEM SCORE (1a - 12a inclusive)</td>
<td>0 - 33</td>
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