

## **Depression Scales**

Link for Inventory of Depressive Symptomatology (IDS)

<http://www.ids-qids.org/>

For specific changes the BADS can be used to see if clients are activating more and avoiding less. A copy of the BADS is attached.

The Dysfunctional Attitude Scale (DAS) can be used to assess changes in depressive thinking throughout the course of therapy.

Weissman, A. N., & Beck, A. T. (1978). Development and validation of the Dysfunctional Attitude Scale: A preliminary investigation. Paper presented at the meeting of the Association for the Advancement of Behavior Therapy, Chicago.

By far the best tool for clinicians is to obtain a copy of :

Nezu, A. M, Rona, G. F., Meadows, E. A., & McClure, K. S. (2000). Practitioner's Guide to Empirically Based Measures of Depression. New York: Kluwer Academic/Plenum. This book is one of the ABCT Clinical Assessment Series and includes information about each measure and reproducible copies of the measures.

The BDI is available for purchase at the following link:

BDI - <http://www.pearsonassessments.com/HAIWEB/Cultures/en-us/Productdetail.htm?Pid=015-8018-370>

The main reference for the Hamilton is Hamilton, M. (1960). A rating scale for depression. Journal of Neurology, Neurosurgery and Psychiatry, 23, 56-61.

Here is a link to the scale.

Hamilton Depression Scale - <http://www.psy-world.com/hdrs.htm>

A listing of PROMIS assessment tools available, including those for emotional distress and depression can be found at:

<http://www.nihpromis.org/Search?cx=016889627462319252651:05qaf-vu-ao&cof=FORID%3A9;NB:1;&ie=UTF-8&q=Depression&sa=Search>