

**INVENTORY OF DEPRESSIVE SYMPTOMATOLOGY (SELF-REPORT)**  
**(IDS-SR)**

NAME: \_\_\_\_\_ TODAY'S DATE \_\_\_\_\_

Please circle the one response to each item that best describes you for the past seven days.

1. Falling Asleep:
  - 0 I never take longer than 30 minutes to fall asleep.
  - 1 I take at least 30 minutes to fall asleep, less than half the time.
  - 2 I take at least 30 minutes to fall asleep, more than half the time.
  - 3 I take more than 60 minutes to fall asleep, more than half the time.
2. Sleep During the Night:
  - 0 I do not wake up at night.
  - 1 I have a restless, light sleep with a few brief awakenings each night.
  - 2 I wake up at least once a night, but I go back to sleep easily.
  - 3 I awaken more than once a night and stay awake for 20 minutes or more, more than half the time.
3. Waking Up Too Early:
  - 0 Most of the time, I awaken no more than 30 minutes before I need to get up.
  - 1 More than half the time, I awaken more than 30 minutes before I need to get up.
  - 2 I almost always awaken at least one hour or so before I need to, but I go back to sleep eventually.
  - 3 I awaken at least one hour before I need to, and can't go back to sleep.
4. Sleeping Too Much:
  - 0 I sleep no longer than 7-8 hours/night, without napping during the day.
  - 1 I sleep no longer than 10 hours in a 24-hour period including naps.
  - 2 I sleep no longer than 12 hours in a 24-hour period including naps.
  - 3 I sleep longer than 12 hours in a 24-hour period including naps.
5. Feeling Sad:
  - 0 I do not feel sad
  - 1 I feel sad less than half the time.
  - 2 I feel sad more than half the time.
  - 3 I feel sad nearly all of the time.
6. Feeling Irritable:
  - 0 I do not feel irritable.
  - 1 I feel irritable less than half the time.
  - 2 I feel irritable more than half the time.
  - 3 I feel extremely irritable nearly all of the time.
7. Feeling Anxious or Tense:
  - 0 I do not feel anxious or tense.
  - 1 I feel anxious (tense) less than half the time.
  - 2 I feel anxious (tense) more than half the time.
  - 3 I feel extremely anxious (tense) nearly all of the time.
8. Response of Your Mood to Good or Desired Events:
  - 0 My mood brightens to a normal level which lasts for several hours when good events occur.
  - 1 My mood brightens but I do not feel like my normal self when good events occur.
  - 2 My mood brightens only somewhat to a rather limited range of desired events.
  - 3 My mood does not brighten at all, even when very good or desired events occur in my life.
9. Mood in Relation to the Time of Day:
  - 0 There is no regular relationship between my mood and the time of day.
  - 1 My mood often relates to the time of day because of environmental events (e.g., being alone, working).
  - 2 In general, my mood is more related to the time of day than to environmental events.
  - 3 My mood is clearly and predictably better or worse at a particular time each day.

9A. Is your mood typically worse in the morning, afternoon or night? (circle one)

9B. Is your mood variation attributed to the environment? (yes or no) (circle one)
10. The Quality of Your Mood:
  - 0 The mood (internal feelings) that I experience is very much a normal mood.
  - 1 My mood is sad, but this sadness is pretty much like the sad mood I would feel if someone close to me died or left.
  - 2 My mood is sad, but this sadness has a rather different quality to it than the sadness I would feel if someone close to me died or left.
  - 3 My mood is sad, but this sadness is different from the type of sadness associated with grief or loss.

