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MONTGOMERY- ASBERG DEPRESSION RATING SCALE (MADRS)

Patient Name: _____ DOB: _____

Number of treatments received: _____ Appointment Date: _____

Please rate your level of depression based on the clinical questions below:

1. Reduced sleep: Experience of reduced duration or depth of sleep compared to the patient's own normal pattern when well.

- a. Sleeps as normal 0
- b. (Worsening symptoms) 1
- c. Slight difficulty dropping off to sleep, or slightly reduced, light, or fitful sleep 2
- d. (Worsening symptoms) 3
- e. Sleep reduced or broken by at least two hours 4
- f. (Worsening symptoms) 5
- g. <2-3 hours of sleep 6

2. Reduced appetite: Feeling of loss of appetite; rate by loss of desire for food or the need to force oneself to eat.

- a. Normal or increased appetite 0
- b. (Worsening symptoms) 1
- c. Slightly reduced appetite 2
- d. (Worsening symptoms) 3
- e. No appetite; food is tasteless 4
- f. (Worsening symptoms) 5
- g. Needs persuasion to eat 6

3. Concentration difficulty: Difficulties in collecting one's thoughts mounting to incapacitating lack of concentration; rate by intensity, frequency, and degree of incapacity produced.

- a. No difficulties in concentrating 0
- b. (Worsening symptoms) 1
- c. Occasional difficulties in collecting one's thoughts 2
- d. (Worsening symptoms) 3
- e. Difficulties in concentrating and sustaining thought which reduces ability to read or hold a conversation 4
- f. (Worsening symptoms) 5
- g. Unable to read or converse without great initiative 6

4. Lassitude: Difficulty getting started or slowness initiating and performing everyday activities

- a. Hardly any difficulty getting started in daily activities; no sluggishness. 0
- b. (Worsening symptoms) 1
- c. Difficulty in starting activities 2
- d. (Worsening symptoms) 3
- e. Difficulty starting simple routine activities, which are carried out with effort 4
- f. (Worsening symptoms) 5
- g. Complete lassitude; unable to do anything without help 6

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5. Inability to feel: 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.

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|--|---|
| a. Normal interest in surroundings/other people | 0 |
| b. (Worsening symptoms) | 1 |
| c. Reduced ability to enjoy usual interests | 2 |
| d. (Worsening symptoms) | 3 |
| e. Loss of interest in surroundings; loss of feelings for friends/acquaintances | 4 |
| f. (Worsening symptoms) | 5 |
| g. Emotionally paralyzed, unable to feel anger, grief, or pleasure; complete failure to feel for close relatives and friends | 6 |

6. Pessimistic thoughts: Thoughts of guilt, inferiority, self reproach, sinfulness, remorse, and ruin.

- | | |
|--|---|
| a. No pessimistic thoughts | 0 |
| b. (Worsening symptoms) | 1 |
| c. Fluctuating ideas of failure, self reproach, or self depreciation | 2 |
| d. (Worsening symptoms) | 3 |
| e. Persistent self accusations, or definite but still rational ideas of guilt; increasingly pessimistic about the future | 4 |
| f. (Worsening symptoms) | 5 |
| g. Delusions of ruin, remorse, or irredeemable sin; absurd and unshakable self accusations | 6 |

7. Suicidal thoughts: Feeling that life is not worth living, that a natural death would be welcome, suicidal thoughts, and the preparations for suicide; suicidal attempts should not in themselves influence the rating.

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|--|---|
| a. Enjoys life | 0 |
| b. (Worsening symptoms) | 1 |
| c. Weary of life; only fleeting suicidal thoughts | 2 |
| d. (Worsening symptoms) | 3 |
| e. Feels better off dead; suicidal thoughts common and considered as possible solution but no specific plans/intention | 4 |
| f. (Worsening symptoms) | 5 |
| g. Explicit plans for suicide; active preparations | 6 |

Total score: _____