



5. Feelings of worthlessness, hopelessness, letting people down, not being a good person.

- hardly ever
- much of the time
- most of the time
- all the time

6. 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.

- hardly ever
- much of the time
- most of the time
- all the time

7. 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.

- hardly ever
- much of the time
- most of the time
- all the time

8. 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).

- hardly ever
- much of the time
- most of the time
- all the time

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

- hardly ever
- much of the time
- most of the time
- all the time

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

- hardly ever
- much of the time
- most of the time
- all the time

11. Thoughts, plans or actions about suicide or self-harm.

- no thoughts or plans or actions
- occasional thoughts, no plans or actions
- frequent thoughts, no plans or actions
- plans and/or actions that have hurt

## Sources

1. SarahJ Brooks, StanleyP Krulewicz, Stan Kutcher. The Kutcher Adolescent Depression Scale: ssesment of its evaluative properties over the course of an 8-week pediatric pharmacotherapy trial. 13(3): J Child Adolesc Psychopharmacol 337-49 (2003).
2. SarahJ Brooks, Stan Kutcher. Diagnosis and measurement of anxiety disorder in adolescents: a review of commonly used instruments. 13(3): J Child Adolesc Psychopharmacol 351-400 (2003).
3. JohnC LeBlanc, Anthony Almudevar, SarahJ Brooks, Stan Kutcher. Screening for adolescent depression: comparison of the Kutcher Adolescent Depression Scale with the Beck depression inventory. 12(2): J Child Adolesc Psychopharmacol 113-26 (2002).



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