

## Kutcher Adolescent Depression Scale - 11-Item (KADS-11)

Patient Name	DOB	Female	
Provider Name	Date	Male	Other

The 11-item version of the KADS presented here is optimized for monitoring outcomes in adolescents (12-17 years) who are receiving treatment for major depressive disorder. Its items are worded using standard and colloquial terminology, and responses are scored on a simple 4 choice scale.

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 bother	1.L	Low mood.	sadness.	feeling	blah or	down.	depressed.	iust	can't b	e bother	be
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- hardly ever
- o much of the time
- o most of the time
- o all the time

## 2. Irritable, loosing your temper easily, feeling pissed off, loosing it.

- hardly ever
- much of the time
- o most of the time
- o all the time
- 3. Sleep difficulties different from your usual (over the years before you got sick): trouble falling asleep, lying awake in bed.
  - hardly ever
  - much of the time
  - o most of the time
  - o all the time
- 4. Feeling decreased interest in: hanging out with friends; being with your best friend; being with your boyfriend/girlfriend; going out of the house; doing school work or work; doing hobbies or sports or recreation.
  - o hardly ever
  - much of the time
  - o most of the time
  - o all the time

5. Feelings of worthlessness, hopelessness, letting people down, not being a good person.
<ul> <li>hardly ever</li> <li>much of the time</li> <li>most of the time</li> <li>all the time</li> </ul>
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.
<ul> <li>hardly ever</li> <li>much of the time</li> <li>most of the time</li> <li>all the time</li> </ul>
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.
<ul> <li>hardly ever</li> <li>much of the time</li> <li>most of the time</li> <li>all the time</li> </ul>
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).
<ul> <li>hardly ever</li> <li>much of the time</li> <li>most of the time</li> <li>all the time</li> </ul>
9. Feeling worried, nervous, panicky, tense, keyed up, anxious.
<ul> <li>hardly ever</li> <li>much of the time</li> <li>most of the time</li> <li>all the time</li> </ul>

- 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
- o all the time
- 11. Thoughts, plans or actions about suicide or self-harm.
  - o no thoughts or plans or actions
  - o occasional thoughts, no plans or actions
  - o frequent thoughts, no plans or actions
  - o plans and/or actions that have hurt

## Sources

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