



MIRACLE | Counseling

Patient's Name _____ Date _____

Therapist _____

Major Depression Inventory (MDI)

The Major Depression Inventory (MDI) is a self-report mood questionnaire developed by the World Health Organization's Collaborating Center in Mental Health.

The following questions ask how you have been feeling **over the last 2 weeks**:

	All The Time	Most Of the Time	Slightly More Than Half the Time	Slightly Less Than Half the Time	Some Of the Time	At No Time
1. Have you felt low in spirits or sad?						
2. Have you lost interest in your daily activities?						
3. Have you felt lacking in energy and strength?						
4. Have you felt less self-confident?						
5. Have you had a bad conscience or feelings of guilt?						
6. Have you felt that life wasn't worth living?						
7. Have you had difficulty in concentrating?						
8. Have you felt very restless?						
9. Have you felt subdued or slowed down?						
10. Have you had trouble sleeping at night?						
11. Have you suffered from reduced appetite?						
12. Have you suffered from increased appetite?						

Sources

1. P Bech, et al. *The sensitivity and specificity of the Major Depression Inventory, using the Present State Examination as the index of diagnostic validity.* 66 J Affect Disord 159-164. 2001.
2. LR Olsen, et al. *The internal and external validity of the Major Depression Inventory in measuring severity of depressive states.* 33 Psychological Medicine 351-356. 2003.