

Major (ICD-10) Depression Inventory

The following questions ask about how you have been feeling over the last **two weeks**. Please put a tick in the box which is closest to how you have been feeling. A higher number signifies a higher degree of depression.

	How much of the time in the last two 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?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
2	Have you lost interest in your daily activities?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
3	Have you felt lacking in energy and strength?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
4	Have you felt less self-confident?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
5	Have you had a bad conscience or feelings of guilt?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
6	Have you felt that life wasn't worth living?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
7	Have you had difficulty in concentrating, e.g. when reading the newspaper or watching TV?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
8a	Have you felt very restless?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
8b	Have you felt subdued or slowed down?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
9a	Have you been sleeping too little?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
9b	Have you been sleeping too much?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
10a	Have you suffered from reduced appetite?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>
10b	Have you suffered from increased appetite?	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>

Total score

Depression Inventory MDI: Scoring key

At the top the diagnostic demarcation line is indicated. The total score of the 10 items is filled in below

		The diagnostic demarcation line						
How much of the time...		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	
Core symptoms	1	Have you felt low in spirits or sad?	5	4	3	2	1	0
	2	Have you lost interest in your daily activities?	5	4	3	2	1	0
	3	Have you felt lacking in energy and strength?	5	4	3	2	1	0
Accompanying symptoms	4	Have you felt less self-confident?	5	4	3	2	1	0
	5	Have you had a bad conscience or feelings of guilt?	5	4	3	2	1	0
	6	Have you felt that life wasn't worth living?	5	4	3	2	1	0
	7	Have you had difficulty in concentrating, e.g. when reading the newspaper or watching TV?	5	4	3	2	1	0
Highest score	8a	Have you felt restless?	5	4	3	2	1	0
	8b	Have you felt subdued or slowed down?	5	4	3	2	1	0
Highest score	9a	Have you been sleeping too little?	5	4	3	2	1	0
	9b	Have you been sleeping too much?	5	4	3	2	1	0
Highest score	10a	Have you suffered from reduced appetite?	5	4	3	2	1	0
	10b	Have you suffered from increased appetite?	5	4	3	2	1	0

Total score (item 1 – 10)

Diagnosis: ICD-10 _____ DSM-IV _____

Major Depression Inventory (MDI): A depression questionnaire with a dual function

MDI: Scoring instructions

The questionnaire consists of the ten symptoms contained in the World Health Organization WHO's depression demarcation. WHO employs the last two weeks as the period of time in which to assess whether each symptom has been present for more than half the time. These symptoms are mainly subjective; therefore it is natural to ask the patient to complete the questionnaire, allowing the patient to tick each symptom. A higher number signifies a more constant presence of the symptom in question. Remember to fill in patient name and the date

The patient's completed questionnaire is scored using the scoring key. MDI (Major Depression Inventory) has a dual function, as it is scored both as an instrument of severity (A) similar to the Hamilton Depression Scale, and (B) as a diagnostic tool.

(A) If MDI is used as a **rating scale** in the same way as the Hamilton scales, then the sum of the ten questions indicates the degree of depression. For items 8, 9 and 10, with two answer categories for each (a) and (b), the highest score is used. The theoretical score range is thus from 0 (no depression) to 50 (maximum depression).

Mild depression: MDI total score from 21 to 25

Moderate depression: MDI total score from 26 to 30

Severe depression: MDI total score of 31 or higher

(B) MDI as a **diagnostic tool**: the vertical line (the diagnostic demarcation line) is used as indicated above. The three top symptoms which reflect the core symptoms of the WHO/ICD-10 diagnosis of depression must have been present during the last two weeks for most of the time. The accompanying symptoms in the remaining seven MDI items must have been present during the last two weeks for more than half of the time.

The ICD-10 algorithm:

Mild depression: 2 core symptoms and 2 accompanying symptoms

Moderate depression: 2 core symptoms and 4 accompanying symptoms

Severe depression: 3 core symptoms and 5 accompanying symptoms.

MDI can also be employed when diagnosing DSM-IV major depression. According to DSM-IV only nine symptoms are used, as the DSM-IV item 4 is included in item 5. Thus the item with the highest score is used here.

The DSM-IV algorithm:

5 out of the 9 symptoms should be present. Of these one should be one of the two first items; according to DSM-IV these are core symptoms.

A more precise major depression diagnosis depends on the answer to item 9 (a) or (b) and to item 10 (a) or b).

Major depression without inverse neurovegetative symptoms: a score on 9a and 10a.

Major depression with inverse neurovegetative symptoms: a score on 9b and 10b.