



Quick Inventory of Depressive Symptomatology (Clinician-Rated) (QIDS-C₁₆)

Patient Name: _____

Date: _____

Please circle the 1 response to each item that best describes the patient for the last 7 days.

1. Sleep-onset insomnia

- 0 Never takes longer than 30 minutes to fall asleep.
- 1 Takes at least 30 minutes to fall asleep, less than half the time.
- 2 Takes at least 30 minutes to fall asleep, more than half the time.
- 3 Takes more than 60 minutes to fall asleep, more than half the time.

2. Mid-nocturnal insomnia

- 0 Does not wake up at night.
- 1 Restless, light sleep with few awakenings.
- 2 Wakes up at least once a night, but goes back to sleep easily.
- 3 Awakens more than once a night and stays awake for 20 minutes or more, more than half the time.

3. Early-morning insomnia

- 0 Less than half the time, awakens no more than 30 minutes before necessary.
- 1 More than half the time, awakens more than 30 minutes before need be.
- 2 Awakens at least 1 hour before need be, more than half the time.
- 3 Awakens at least 2 hours before need be, more than half the time.

4. Hypersomnia

- 0 Sleeps no longer than 7–8 hours/night, without naps.
- 1 Sleeps no longer than 10 hours in a 24-hour period (including naps).
- 2 Sleeps no longer than 12 hours in a 24-hour period (including naps).
- 3 Sleeps longer than 12 hours in a 24-hour period (including naps).

Enter the highest score on any 1 of the 4 sleep items (1–4 above): _____

5. Mood (sad)

- 0 Does not feel sad.
- 1 Feels sad less than half the time.
- 2 Feels sad more than half the time.
- 3 Feels intensely sad virtually all the time.

6. Appetite (decreased)

- 0 No change from usual appetite.
- 1 Eats somewhat less often and/or lesser amounts than usual.
- 2 Eats much less than usual and only with personal effort.
- 3 Eats rarely within a 24-hour period, and only with extreme personal effort or with persuasion by others.

7. Appetite (increased)

- 0 No change from usual appetite.
- 1 More frequently feels a need to eat than usual.
- 2 Regularly eats more often and/or greater amounts than usual.
- 3 Feels driven to overeat at and between meals.

8. Weight (decrease) within the last 2 weeks

- 0 Has experienced no weight change.
- 1 Feels as if some slight weight loss occurred.
- 2 Has lost 2 pounds or more.
- 3 Has lost 5 pounds or more.

9. Weight (increase) within the last 2 weeks

- 0 Has experienced no weight change.
- 1 Feels as if some slight weight gain has occurred.
- 2 Has gained 2 pounds or more.
- 3 Has gained 5 pounds or more.

Enter the highest score on any 1 of the 4 appetite/weight change items (6–9 above): _____



10. Concentration/decision making

- 0 No change in usual capacity to concentrate and decide.
- 1 Occasionally feels indecisive or notes that attention often wanders.
- 2 Most of the time struggles to focus attention or make decisions.
- 3 Cannot concentrate well enough to read or cannot make even minor decisions.

11. Outlook (self)

- 0 Sees self as equally worthwhile and deserving as others.
- 1 Is more self-blaming than usual.
- 2 Largely believes that he/she causes problems for others.
- 3 Ruminates over major and minor defects in self.

12. Suicidal ideation

- 0 Does not think of suicide or death.
- 1 Feels life is empty or is not worth living.
- 2 Thinks of suicide/death several times a week for several minutes.
- 3 Thinks of suicide/death several times a day in depth, or has made specific plans for or attempted suicide.

13. Involvement

- 0 No change from usual level of interest in other people and activities.
- 1 Notices a reduction in former interests/activities.
- 2 Finds only 1 or 2 former interests remain.
- 3 Has virtually no interest in formerly pursued activities.

14. Energy/fatigability

- 0 No change in usual level of energy.
- 1 Tires more easily than usual.
- 2 Makes significant personal effort to initiate or maintain usual daily activities.
- 3 Unable to carry out most of usual daily activities due to lack of energy.

15. Psychomotor slowing

- 0 Normal speed of thinking, gesturing, and speaking.
- 1 Patient notes slowed thinking, and voice modulation is reduced.
- 2 Takes several seconds to respond to most questions; reports slowed thinking.
- 3 Is largely unresponsive to most questions without strong encouragement.

16. Psychomotor agitation

- 0 No increased speed or disorganization in thinking or gesturing.
- 1 Fidgets, wrings hands and shifts positions often.
- 2 Describes impulse to move about and displays motor restlessness.
- 3 Unable to stay seated; paces about with or without permission.

Enter the highest score on either of the 2 psychomotor items (15 or 16 above): _____

Total Score: _____ (Range 0–27)

For more information on scoring and interpretation, see the correspondence tables available at the IDS-QIDS home page of the University of Pittsburgh Epidemiology Data Center (www.ids-qids.org).

This tool should be used to supplement, not to replace, clinical judgment.

Adapted from Rush AJ, Trivedi MH, Ibrahim HM, et al. The 16-item Quick Inventory of Depressive Symptomatology (QIDS), Clinician Rating (QIDS-C), and Self-Report (QIDS-SR): a psychometric evaluation in patients with chronic major depression. *Biol Psychiatry*. 2003;54:573-583.

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