

## Assessment guides

# Guide to depression assessments

Disability	Symptoms/signs
Virtually none Less than 1%	Interested in wide range of activities (hobbies/hobbies) No more than everyday concerns Normal reaction to illness
Minimal 1-4%	Interested in wide range of activities Some mild biological symptoms Life events may cause depressed mood
Very Mild 5-10%	Some loss of interest in leisure activities Some insomnia Mild biological symptoms May have mild anxiety and irritability
Mild 11-20%	Loss interest in some leisure activities Sleep problems (early morning waking/initial insomnia) Some concentration problems Reactive mood (responds to good news) Moderate biological symptoms (loss appetite, reduced libido) Anxiety, irritable, tense
Mild/Moderate 21-30%	No interest in leisure activities Moderate/Severe biological symptoms Non reactive mood Persistently low mood Some morbid pessimistic thoughts Problems concentration/attention Reduced gestures/eye contact/downward gaze/tearfulness
Moderate 31-50%	Severe biological symptoms Social withdrawal Moderate depressed appearance Tearful in interview Poor attention/concentration Some morbid pessimistic thoughts Slow, hesitant monotone speech Impairment judgement
Moderate / Severe 51-80%	Social withdrawal Severe depressed appearance Slow, hesitant monotone speech Psychomotor retardation Serious impairment judgement Morbid pessimistic thoughts Suicidal preoccupations Self neglect Poor attention/concentration Psychotic feature (consider 70-80% if present)