

# Kutcher Adolescent Depression Scale (KADS)

## 6-item

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 bothered.

- a) hardly ever
- b) much of the time
- c) most of the time
- d) all of the time

2) feelings of worthlessness, hopelessness, letting people down, not being a good person.

- a) hardly ever
- b) much of the time
- c) most of the time
- d) all of the time

3) 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.

- a) hardly ever
- b) much of the time
- c) most of the time
- d) all of the time

4) 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).

- a) hardly ever
- b) much of the time
- c) most of the time
- d) all of the time

5) feeling worried, nervous, panicky, tense, keyed up, anxious.

- a) hardly ever
- b) much of the time
- c) most of the time
- d) all of the time

6) Thoughts, plans or actions about suicide or self-harm.

- a) no thoughts or plans or actions
- b) occasional thoughts, no plans or actions
- c) frequent thoughts, no plans or actions
- d) plans and/or actions that have hurt

# Scoring of the 6-item Kutcher Adolescent Depression Scale (KADS):

In every item, score:

a) = 0

b) = 1

c) = 2

d) = 3

then add all 6 item scores to form a single Total Score.

## **Interpretation:**

Total scores at or above 6 suggest 'possible depression' (and a need for more thorough assessment).

Total scores below 6 indicate 'probably not depressed'.