



28212 Kelly Johnson Pkwy., Suite# 215, Valencia, CA 91355  
23500 Park Sorrento Suite #A4, Calabasas, CA 91302  
P 310-895-7122 F 818-475-1433  
www.brainstimcenters.com

## MONTGOMERY- ASBERG DEPRESSION RATING SCALE (MADRS)

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Number of treatments received: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

**Please rate your level of depression based on the clinical questions below:**

**1. Reduced sleep: Experience of reduced duration or depth of sleep compared to the patient's own normal pattern when well.**

- |   |   |
|---|---|
| a. Sleeps as normal   | 0 |
| b. (Worsening symptoms)   | 1 |
| c. Slight difficulty dropping off to sleep, or slightly reduced, light, or fitful sleep | 2 |
| d. (Worsening symptoms)   | 3 |
| e. Sleep reduced or broken by at least two hours  | 4 |
| f. (Worsening symptoms)   | 5 |
| g. <2-3 hours of sleep  | 6 |

**2. Reduced appetite: Feeling of loss of appetite; rate by loss of desire for food or the need to force oneself to eat.**

- |                                   |   |
|-----------------------------------|---|
| a. Normal or increased appetite   | 0 |
| b. (Worsening symptoms)           | 1 |
| c. Slightly reduced appetite      | 2 |
| d. (Worsening symptoms)           | 3 |
| e. No appetite; food is tasteless | 4 |
| f. (Worsening symptoms)           | 5 |
| g. Needs persuasion to eat        | 6 |

**3. Concentration difficulty: Difficulties in collecting one's thoughts mounting to incapacitating lack of concentration; rate by intensity, frequency, and degree of incapacity produced.**

- |  |   |
|--|---|
| a. No difficulties in concentrating  | 0 |
| b. (Worsening symptoms)  | 1 |
| c. Occasional difficulties in collecting one's thoughts  | 2 |
| d. (Worsening symptoms)  | 3 |
| e. Difficulties in concentrating and sustaining thought which reduces ability to read or hold a conversation | 4 |
| f. (Worsening symptoms)  | 5 |
| g. Unable to read or converse without great initiative   | 6 |

**4. Lassitude: Difficulty getting started or slowness initiating and performing everyday activities**

- |   |   |
|---|---|
| a. Hardly any difficulty getting started in daily activities; no sluggishness.      | 0 |
| b. (Worsening symptoms)   | 1 |
| c. Difficulty in starting activities  | 2 |
| d. (Worsening symptoms)   | 3 |
| e. Difficulty starting simple routine activities, which are carried out with effort | 4 |
| f. (Worsening symptoms)   | 5 |
| g. Complete lassitude; unable to do anything without help                           | 6 |

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Patient Name: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

**5. Inability to feel: Subjective experience of reduced interest in the surroundings or activities that normally give pleasure; the ability to react with adequate emotion to circumstances or people is reduced.**

- |  |   |
|--|---|
| a. Normal interest in surroundings/other people  | 0 |
| b. (Worsening symptoms)  | 1 |
| c. Reduced ability to enjoy usual interests  | 2 |
| d. (Worsening symptoms)  | 3 |
| e. Loss of interest in surroundings; loss of feelings for friends/acquaintances  | 4 |
| f. (Worsening symptoms)  | 5 |
| g. Emotionally paralyzed, unable to feel anger, grief, or pleasure; complete failure to feel for close relatives and friends | 6 |

**6. Pessimistic thoughts: Thoughts of guilt, inferiority, self reproach, sinfulness, remorse, and ruin.**

- |  |   |
|--|---|
| a. No pessimistic thoughts   | 0 |
| b. (Worsening symptoms)  | 1 |
| c. Fluctuating ideas of failure, self reproach, or self depreciation   | 2 |
| d. (Worsening symptoms)  | 3 |
| e. Persistent self accusations, or definite but still rational ideas of guilt; increasingly pessimistic about the future | 4 |
| f. (Worsening symptoms)  | 5 |
| g. Delusions of ruin, remorse, or irredeemable sin; absurd and unshakable self accusations                               | 6 |

**7. Suicidal thoughts: Feeling that life is not worth living, that a natural death would be welcome, suicidal thoughts, and the preparations for suicide; suicidal attempts should not in themselves influence the rating.**

- |  |   |
|--|---|
| a. Enjoys life   | 0 |
| b. (Worsening symptoms)  | 1 |
| c. Weary of life; only fleeting suicidal thoughts  | 2 |
| d. (Worsening symptoms)  | 3 |
| e. Feels better off dead; suicidal thoughts common and considered as possible solution but no specific plans/intention | 4 |
| f. (Worsening symptoms)  | 5 |
| g. Explicit plans for suicide; active preparations   | 6 |

**Total score:** \_\_\_\_\_