

Depressive Mood Inventory

This exploratory questionnaire describes the different facets of depressed mood: sadness and emptiness, loss of pleasure, negative self-view, hopelessness, physical symptoms, and withdrawal. The profile helps clarify the presenting complaint, choose the first treatment targets, and track how they change over the course of therapy.

Number of questions	24 questions
Estimated duration	6 minutes
Language	English
Original name	Depressive Mood Inventory
Target audience	Adults
Category	Depression, Mood disorders

Preview of the 24 questions

Over the past two weeks, how often has this been true for you?

I feel sad or down.

Never | Rarely | Sometimes | Often | Very often

Over the past two weeks, how often has this been true for you?

I feel indifferent to activities I usually enjoy.

Never | Rarely | Sometimes | Often | Very often

Over the past two weeks, how often has this been true for you?

I feel useless or worthless.

Never | Rarely | Sometimes | Often | Very often

Over the past two weeks, how often has this been true for you?

I feel like things won't get better.

Never | Rarely | Sometimes | Often | Very often

Over the past two weeks, how often has this been true for you?

I feel tired and low on energy.

Never | Rarely | Sometimes | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring

Each statement is scored from 0 (never) to 4 (very often) based on its frequency over the past two weeks. Each domain combines 4 statements spread throughout the questionnaire, giving a score from 0 to 16.

Reading the profile

There is no total score. Domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The profile shows which facets of depressed mood are most present. The "Loss of pleasure and drive" and "Slowing down and withdrawal" domains point toward behavioral activation; "Negative self-view" and "Hopelessness" point toward cognitive work.

Clinical cautions

The questionnaire contains no questions about thoughts of death or suicide. These are assessed in the interview, especially when the "Hopelessness" domain is elevated. The introduction refers the patient to the 988 Suicide & Crisis Lifeline (call or text 988, available 24/7).

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

Negative self-view 13 / 16

Feelings of worthlessness, excessive guilt, a sense of being a burden to others.

Areas to explore: thoughts about oneself (failure, uselessness, blame), their link with mood, the role of self-criticism.

See also: Self-Esteem Inventory.

Loss of pleasure and drive — 12 / 16

Less pleasure in activities usually enjoyed, loss of desire and motivation.

Areas to explore: the activities given up, what still brings a little pleasure, the level of daily activity.

Hopelessness — 11 / 16

A bleak view of the future, the sense that nothing will change or get better.

Areas to explore: how the person sees the months ahead, what keeps them going, their reasons for hope. Marked hopelessness calls for a suicide risk assessment in the interview.

Energy, sleep, and appetite — 10 / 16

Fatigue, lack of energy, sleep problems, and changes in appetite.

Areas to explore: sleep schedule and quality, tiredness on waking, weight changes, any medical cause to rule out.

Sadness and emptiness — 8 / 16

Sad mood, tearfulness, a sense of emptiness or of no longer feeling anything.

Areas to explore: when the mood changed, the times of day when it is lowest, recent events.

Slowing down and withdrawal — 6 / 16

Difficulty concentrating and making decisions, activities and relationships set aside.

Areas to explore: what has been set aside (work, leisure, friends), the impact on daily life, the support available.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Laura V. - Online Psychologist