MADRS

Montgomery—Åsberg Depression Rating Scale (MADRS)

The MADRS is a rating scale used by the clinician to measure the severity of depressive symptoms in adults. It makes it possible to monitor the course of a depressive disorder and the effectiveness of treatments. Administration involves a semi-structured interview conducted by a professional.

Number of questions	10 questions
Estimated duration	15 minutes
Language	English
Original name	Montgomery—Åsberg Depression Rating Scale
Target audience	Adults
Authors	Stuart A. Montgomery, Marie Åsberg (1979)
Category	Depression

Preview of the 10 questions

Apparent sadness

Representing despondency, gloom and despair (more than just ordinary transient low spirits), reflected in speech, facial expression, and posture. Rate by depth and inability to brighten up.

0 - No sadness. | 1 | 2 - Looks dispirited but does brighten up without difficulty. | 3 | 4 - Appears sad and unhappy most of the time. | 5 | 6 - Looks miserable all the time. Extremely despondent.

Reported sadness

Representing reports of depressed mood, regardless of whether it is reflected in appearance or not. Includes low spirits, despondency or the feeling of being beyond help and without hope.

0 - Occasional sadness in keeping with the circumstances. | 1 | 2 - Sad or low but brightens up without difficulty. | 3 | 4 - Pervasive feelings of sadness or gloominess. The mood is still influenced by external circumstances. | 5 | 6 - Continuous or unvarying sadness, misery or despondency.

Inner tension

Representing feelings of ill-defined discomfort, edginess, inner turmoil, mental tension mounting to either panic, dread or anguish. Rate according to intensity, frequency, duration and the extent of reassurance called for.

0 - Placid. Only fleeting inner tension. | 1 | 2 - Occasional feelings of edginess and ill-defined discomfort. | 3 | 4 - Continuous feelings of inner tension or intermittent panic which the patient can only master with some difficulty. | 5 | 6 - Unrelenting dread or anguish. Overwhelming panic.

Reduced sleep

Representing the experience of reduced duration or depth of sleep compared to the subject's own normal pattern when well.

0 - Sleeps as usual. | 1 | 2 - Slight difficulty dropping off to sleep or slightly reduced, light or fitful sleep. | 3 | 4 - Sleep reduced or broken by at least 2 hours. | 5 | 6 - Less than 2 or 3 hours sleep.

Reduced appetite

Representing the feeling of a loss of appetite compared with when well. Rate by loss of desire for food or the need to force oneself to eat.

0 - Normal or increased appetite. | 1 | 2 - Slightly reduced appetite. | 3 | 4 - No appetite. Food is tasteless. | 5 | 6 - Needs persuasion to eat at all.

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Scoring & interpretation

Each item is rated from 0 to 6 according to the severity of the symptoms observed during the interview. The total score ranges from 0 to 60: the higher the score, the more severe the depression. Interpretation cutoffs guide the clinician: 0-6 absent, 7-19 mild, 20-34 moderate, 35-60 severe.

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 Basile R. - Clinical Psychologist