

Oxford Depression Questionnaire (ODQ)

The ODQ is a patient-centered self-report questionnaire designed to measure emotional blunting in people with depression, particularly during antidepressant treatment. It explores four clinically useful dimensions: general reduction in emotions, reduction in positive emotions, emotional detachment, and no longer caring. It helps the psychologist objectively document a common complaint that is often poorly differentiated between residual depressive symptoms, anhedonia, apathy, and emotional effects attributed to antidepressants.

Number of questions	26 questions
Estimated duration	5 minutes
Language	English
Original name	Oxford Depression Questionnaire
Target audience	Adults
Authors	Jonathan Price, Victoria Cole, Helen Doll, Guy M. Goodwin (2012)
Category	Depression

Preview of the 26 questions

During the past week:

All my emotions, both 'pleasant' and 'unpleasant', are 'toned down'

Disagree | Disagree a little | Neither agree nor disagree | Agree a little | Agree

During the past week:

I don't fully enjoy things that should give me pleasure, such as beautiful places or things or music

Disagree | Disagree a little | Neither agree nor disagree | Agree a little | Agree

During the past week:

I care less about other people's feelings than I think I should

Disagree | Disagree a little | Neither agree nor disagree | Agree a little | Agree

During the past week:

Because I don't care so much about things, I'm having problems at home

Disagree | Disagree a little | Neither agree nor disagree | Agree a little | Agree

During the past week:

Unpleasant emotions, such as sadness, disappointment, and upset, feel toned down or different in some way

Disagree | Disagree a little | Neither agree nor disagree | Agree a little | Agree

Scoring & interpretation

Each item is rated from 1 to 5, from disagree to agree. Scores are summed. For patients not taking an antidepressant, the ODQ-20 score is used, i.e., the first 20 items, with a total ranging from 20 to 100. For patients taking an antidepressant, the ODQ-26 score is used, including the 6 items of section 3 on attribution to treatment and impact on adherence, with a total ranging from 26 to 130. Higher scores indicate more marked emotional blunting. Interpretation is based mainly on the total score, the dimension profile, and changes over time, rather than on a single universally established diagnostic cutoff.

Usage

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