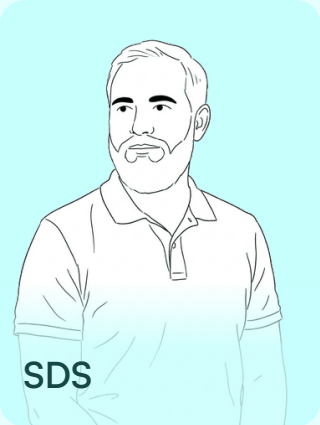


Sheehan Disability Scale (SDS)

The Sheehan Disability Scale (SDS) is a self-report tool designed to measure functional impairment in the domains of work/school, social life, and family life due to a mental disorder, particularly anxiety and depressive disorders. It makes it possible to quickly assess the impact of symptoms on the patient's daily functioning.

Number of questions	3 questions
Estimated duration	2 minutes
Language	English
Original name	Sheehan Disability Scale
Target audience	Adults
Authors	David V. Sheehan (1983)
Category	General

Preview of the 3 questions

In the past week:

Work / School: The symptoms have disrupted your work / school work.

Work includes paid, unpaid volunteer work or training. If you have not worked or studied at all during the past week for reasons unrelated to the disorder, check that box instead. If your symptoms interfered with your ability to find or hold a job, you must give a score.

0 - Not at all | 1 - Mildly | 2 - Mildly | 3 - Mildly | 4 - Moderately | 5 - Moderately | 6 - Moderately | 7 - Markedly | 8 - Markedly | 9 - Markedly | 10 - Extremely

In the past week:

Social life: The symptoms have disrupted your social life / leisure activities.

0 - Not at all | 1 - Mildly | 2 - Mildly | 3 - Mildly | 4 - Moderately | 5 - Moderately | 6 - Moderately | 7 - Markedly | 8 - Markedly | 9 - Markedly | 10 - Extremely

In the past week:

Family life / Home responsibilities: The symptoms have disrupted your family life / home responsibilities.

0 - Not at all | 1 - Mildly | 2 - Mildly | 3 - Mildly | 4 - Moderately | 5 - Moderately | 6 - Moderately | 7 - Markedly | 8 - Markedly | 9 - Markedly | 10 - Extremely

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

Each domain (work/school, social life, family life) is rated on a visual analog scale from 0 (no disruption) to 10 (extreme disruption). The total score is calculated by summing the three individual scores, for a maximum of 30. A higher total score indicates more severe functional impairment.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

Laura V. - Online Psychologist