

DEPRESSION SELF-RATING SCALE FOR CHILDREN
(Birleson 1978)

Instructions:

This self-rating scale was developed for children between the ages of 8 and 14 years of age. Please explain to the child that the scale is a way of getting to know how children really feel about things. Give the scale to the child with the directions below. If children have difficulty in reading any of the items, clinicians may read out the statements in a neutral tone of voice that indicates no preference in what they wish to hear.

Please read these statements and tick the answer that best describes how you have felt in the past week. Answer as honestly as you can. The correct answer is to say how you really have felt.

		Mostly Sometimes	Never	
1.	I look forward to things as much as I used to.. []	[]	[]	___
2.	I sleep very well..... []	[]	[]	___
3.	I feel like crying..... []	[]	[]	___
4.	I like to go out to play..... []	[]	[]	___
5.	I feel like running away..... []	[]	[]	___
6.	I get tummy aches..... []	[]	[]	___
7.	I have lots of energy..... []	[]	[]	___
8.	I enjoy my food..... []	[]	[]	___
9.	I can stick up for myself..... []	[]	[]	___
10.	I think life isn't worth living..... []	[]	[]	___
11.	I am good at the things I do..... []	[]	[]	___
12.	I enjoy the things I do as much as I used to... []	[]	[]	___
13.	I like talking with my family..... []	[]	[]	___
14.	I have bad dreams..... []	[]	[]	___
15.	I feel very lonely..... []	[]	[]	___
16.	I am easily cheered up..... []	[]	[]	___
17.	I feel so sad I can hardly stand it..... []	[]	[]	___
18.	I feel very bored..... []	[]	[]	___