

THE HANDS™: The Harvard Department of Psychiatry National Depression Screening Day Scale

PLEASE INDICATE YOUR RESPONSE (x) IN THE APPROPRIATE BOX

TO EACH OF THE FOLLOWING QUESTIONS:

<u>Over the past two weeks, how often have you:</u>	None or little of the time	Some of the time	Most of the time	All of the time	For staff use only
1. been feeling low in energy, slowed down?					
2. been blaming yourself for things?					
3. had poor appetite?					
4. had difficulty falling asleep, staying asleep?					
5. been feeling hopeless about the future?					
6. been feeling blue?					
7. been feeling no interest in things?					
8. had feelings of worthlessness?					
9. thought about or wanted to commit suicide?					
10. had difficulty concentrating or making decisions?					

TOTAL SCORE: _____

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If you or a family member needs help coping with depression, please talk with your primary care provider and ask for a referral to a medical professional. Locally, Schneck Mental Health and Wellness treats depression, addiction, stress, and other forms of mental health illness.

There is hope. Seek treatment to improve your quality of life.



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Scoring Instructions and Interpretation

HANDS Screen for Depression

1. Record the numerical value of each answer in the "Staff Use Only" box at the end of each line.

An answer of:

	"None or little of the time" = 0						
	"Some of the time" = 1						
	"Most of the time" = 2						
	"All of the time" = 3						

2. Add all the number in the "Staff Use Only" column and record the total in the box marked Total Score.

3. Use the following HANDS cutoff scores to determine the likelihood of a diagnosis of clinical depression:

Total Score	Interpretation	Referral Guidelines
0-8	Symptoms are not consistent with a major depressive episode. Presence of a <i>major depressive disorder</i> is unlikely	A complete evaluation is not recommended , except in the case of a positive response to the <u>suicide question</u> (Item 9) or other clinical indications elicited during the screening interview.
9-16	Symptoms are consistent with a <i>major depressive episode</i> . Presence of a major depressive disorder is likely . In a self-selected population, such as that seen on National Depression Screening Day, it is also possible the person instead suffers from a DSM-IC <i>anxiety disorder</i>	A complete evaluation is recommended . In a self-selected population, the clinician should consider the possibility of the presence of an <i>anxiety disorder</i> instead of, or as well as, a <i>major depressive episode</i> . Severity level is typically mild or moderate, depending upon the degree of impairment.
17-30	Symptoms are strongly consistent with criteria for a <i>major depressive episode</i> . Presence of major depressive disorder is very likely	A complete evaluation is strongly recommended . In this higher range, the severity level may be more severe and require immediate attention.

Note: Further evaluation is suggested for any individual who scores 1 point or more on the suicide question (Item 9), regardless of the total score on the HANDS.