

# STAR D HRS-D<sub>17</sub>/QIDS-C<sub>16</sub> ANSWER SHEET

For office use only:

Spanish

update

**QH**

Patient ID

Date  /  /   
MM DD YYYY

### HRS-D<sub>17</sub> ITEMS

### QIDS-C<sub>16</sub> ITEMS

#### 1. Initial Insomnia:

- 0 Absent
- 1 Mild (infrequent; more than 1/2 hour occasionally)
- 2 Moderate to severe and obvious (more than 1/2 hour usually)

#### Sleep Onset Insomnia: (Q1)

- 0 Never takes longer than 30 minutes to fall asleep.
- 1 Takes at least 30 minutes to fall asleep, less than half the time.
- 2 Takes at least 30 minutes to fall asleep, more than half the time.
- 3 Takes more than 60 minutes to fall asleep, more than half the time.

#### 2. Middle Insomnia (between 12:00 and 4:00a.m.): (Do not rate getting out of bed to void)

- 0 Absent
- 1 Mild (complains of feeling restless and disturbed during night; few awakenings)
- 2 Moderate to severe (wakes during the night; any reading or smoking in bed or getting out of bed except to void)

#### Mid-Nocturnal Insomnia: (Q2)

- 0 Does not wake up at night.
- 1 Restless, light sleep with few awakenings.
- 2 Wakes up at least once a night, but goes back to sleep easily.
- 3 Awakens more than once a night and stays awake for 20 minutes or more, more than half the time.

#### 3. Delayed Insomnia (after 4:00a.m.):

- 0 Absent
- 1 Mild (wakes earlier than usual but goes back to sleep)
- 2 Moderate to severe (wakes 1-3 hours before usual; unable to sleep again)

#### Early Morning Insomnia: (Q3)

- 0 Less than half the time, awakens no more than 30 minutes before necessary.
- 1 More than half the time, awakens more than 30 minutes before need be.
- 2 Awakens at least one hour before need be, more than half the time.
- 3 Awakens at least two hours before need be, more than half the time.

#### 4.

**NONE**

#### Hypersomnia: (Q4)

- 0 Sleeps no longer than 7-8 hours/night, without naps.
- 1 Sleeps no longer than 10 hours in a 24 hour period (include naps).
- 2 Sleeps no longer than 12 hours in a 24 hour period (include naps).
- 3 Sleeps longer than 12 hours in a 24 hour period (include naps).

Enter the highest score on any 1 of the 4 sleep items (QIDS-C 1- 4 above):

0  
 1  
 2  
 3

= page total

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CRC ID

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QH

Patient ID

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Date

MM		DD		YYYY											

**HRS-D<sub>17</sub> ITEMS****QIDS-C<sub>16</sub> ITEMS****5. Depressed Mood** (Sad, blue, gloomy, down):

- 0 Not depressed
- 1 Mild
- 2 Moderate
- 3 Moderately severe
- 4 Severe

**Mood (Sad): (Q5)**

- 0 Does not feel sad.
- 1 Feels sad less than half the time.
- 2 Feels sad more than half the time.
- 3 Feels intensely sad virtually all of the time.

**OVERALL RATING FOR QUESTIONS 6, 7, & 8**

**Psychic Anxiety** (Includes feeling tense, irritable, apprehensive, fearful, phobic, or panic attacks):

- 0 Absent
- 1 Mild
- 2 Moderate
- 3 Moderately Severe
- 4 Severe (spontaneous incapacitating panic attacks; anxiety dominates all waking thoughts)

NONE

**9. Loss of Insight:**

- 0 Acknowledges being depressed and ill
- 1 Acknowledges being ill but not depressed
- 2 Denies being ill at all

NONE

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**10. Appetite:**

- 0 Normal appetite
- 1 Mild reduction in appetite and food intake
- 2 Moderate to severe reduction of appetite and food intake

*(Note: Check 0 if appetite increased)*

**11.**

**NONE**

**12. Weight Loss (Within the Last Week):**

- 0 No weight loss
- 1 Mild or probable weight loss associated with present illness
- 2 Moderate to severe weight loss

*(Note: Check 0 if weight increased)*

**13.**

**NONE**

**For the QIDS-C (right-hand column), rate either 6 or 7 (not both)**

**Appetite (Decreased): (Q6)**

- 0 No change from usual appetite.
- 1 Eats somewhat less often and/or lesser amounts than usual.
- 2 Eats much less than usual and only with personal effort.
- 3 Eats rarely within a 24-hour period, and only with extreme personal effort or with persuasion by others.

**- OR -**

**Appetite (Increased): (Q7)**

- 0 No change from usual appetite.
- 1 More frequently feels a need to eat more than usual.
- 2 Regularly eats more often and/or greater amounts than usual.
- 3 Feels driven to overeat at and between meals.

**For the QIDS-C (right-hand column), rate either 8 or 9 (not both)**

**Weight (Decrease) Within the Last Two Weeks: (Q8)**

- 0 Has experienced no weight change.
- 1 Feels as if some slight weight loss has occurred.
- 2 Has lost 2 pounds or more.
- 3 Has lost 5 pounds or more.

**- OR -**

**Weight (Increase) Within the Last Two Weeks: (Q9)**

- 0 Has experienced no weight change.
- 1 Feels as if some slight weight gain has occurred.
- 2 Has gained 2 pounds or more.
- 3 Has gained 5 pounds or more.

**Enter the highest score on any 1 of the 4 appetite/weight change items (QIDS-C 6-9 above):**

0  
 1  
 2  
 3

**= page total**

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**14. Somatic Anxiety** (Physiological concomitants of anxiety such as: fainting, tinnitus, blurred vision, headache, tremor, sweating, flushing, hyperventilation, palpitations, indigestion, belching, diarrhea, increased urinary frequency):

- 0 Absent
- 1 Mild
- 2 Moderate
- 3 Moderately severe
- 4 Severe

**NONE**

**15. Hypochondriasis** (Preoccupation with physical health) (Do not rate concern about physical fitness unless outside the norm):

- 0 Absent
- 1 Mild preoccupation with bodily functions and physical symptoms
- 2 Moderate concern with physical health
- 3 Moderately severe preoccupation with physical health (e.g., may think has physical disease - brain tumor, cancer)
- 4 Severe (e.g., bizarre delusions, often with guilty associations; e.g., worms eating head, rotting inside, bowels blocked, terrible odor)

**NONE**

**16.**

**NONE**

**Concentration / Decision Making: (Q10)**

- 0 No change in usual capacity to concentrate and decide.
- 1 Occasionally feels indecisive or notes that attention often wanders.
- 2 Most of the time struggles to focus attention or make decisions.
- 3 Cannot concentrate well enough to read or cannot make even minor decisions.

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MM DD YYYY**HRS-D<sub>17</sub> ITEMS****QIDS-C<sub>16</sub> ITEMS****17. Guilt Feelings and Delusions:**

- 0 Absent
- 1 Mild self-reproach (feels he/she has let people down)
- 2 Moderate (guilt regarding past errors or misdeeds)
- 3 Moderately severe (feels present illness is deserved punishment; ruminations over past errors and sins)
- 4 Severe self-reproach (e.g., guilty delusions, e.g., is making other people ill; deserves to die; may have accusatory or denouncing auditory or visual hallucinations)

**Outlook (Self): (Q11)**

- 0 Sees self as equally worthwhile and deserving as others.
- 1 Is more self-blaming than usual.
- 2 Largely believes that he/she causes problems for others.
- 3 Ruminates over major and minor defects in self.

**18. Suicide:**

- 0 Absent
- 1 Feels life is empty, not worth living
- 2 Recurrent thoughts or wishes about death of self
- 3 Active suicidal thoughts, threats, gestures
- 4 Serious suicide attempt

**Suicidal Ideation: (Q12)**

- 0 Does not think of suicide or death.
- 1 Feels life is empty or is not worth living.
- 2 Thinks of suicide/death several times a week for several minutes.
- 3 Thinks of suicide/death several times a day in depth, or has made specific plans, or attempted suicide.

**19. Work and Interests** (Apathy: loss of interest in work, hobbies, social life. Anhedonia: unable to feel pleasure):

- 0 No disturbance
- 1 Mild (feels incapable, listless, less efficient)
- 2 Moderate (has to push to work or play)
- 3 Moderately severe (clearly decreased efficiency; spends less time at usual work; definite decrease in work productivity)
- 4 Severe (stopped working because of present illness; cannot maintain personal hygiene)

**Involvement: (Q13)**

- 0 No change from usual level of interest in other people and activities.
- 1 Notices a reduction in former interests/activities.
- 2 Finds only one or two former interests remain.
- 3 Has virtually no interest in formerly pursued activities.

**20. Somatic Energy:**

- 0 Normal
- 1 Mild (occasional, mild fatigue, easy tiring, aching)
- 2 Moderate to severe (obviously low in energy, tired all the time; frequent backaches, headaches, heavy feelings in limbs)

**Energy / Fatigability: (Q14)**

- 0 No change in usual level of energy.
- 1 Tires more easily than usual.
- 2 Makes significant personal effort to initiate or maintain usual daily activities.
- 3 Unable to carry out most of usual daily activities due to lack of energy.

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**21. Retardation** (Psychomotor slowing of thought, speech, and movement):

- 0 Absent
- 1 Mild (slightly flattened affect)
- 2 Moderate (monotonous voice, delayed answering, sits motionless)
- 3 Moderately severe (interview difficult and prolonged)
- 4 Extremely severe (depressive stupor; interview impossible)

**Psychomotor Slowing: (Q15)**

- 0 Normal speed of thinking, gesturing, and speaking.
- 1 Patient notes slowed thinking, and voice modulation is reduced.
- 2 Takes several seconds to respond to most questions; reports slowed thinking.
- 3 Is largely unresponsive to most questions without strong encouragement.

**22. Agitation** (May co-exist with retardation):

- 0 Absent
- 1 Mild (fidgety; clenching fists or chair arm, kicking feet)
- 2 Moderate (wringing hands; pulling hair; picking at hands or clothes; some pacing)
- 3 Moderately severe (can't sit still; much pacing)
- 4 Severe (constant pacing; pulling off clothes; tearing at hair; picking at face)

**Psychomotor Agitation: (Q16)**

- 0 No increased speed or disorganization in thinking or gesturing.
- 1 Fidgets, wrings hands, and shifts positions often.
- 2 Describes impulse to move about and displays motor restlessness.
- 3 Unable to stay seated. Paces about with or without permission.

**23. Libido:**

- 0 Normal
- 1 Mild (decreased drive and satisfaction)
- 2 Moderate to severe (definite loss of desire; functional impotence)

HRS-D<sub>17</sub> Page Total

Enter the highest score on either of the 2 psychomotor items (QIDS-C 15-16 above):

- 0  
 1  
 2  
 3

= page total

HRS-D<sub>17</sub> SCORE = **sum of page totals**

QIDS-C<sub>16</sub> SCORE = **sum of page totals**