

Male-specific Depression Inventory

This inventory is specifically designed to determine if a *male* is depressed. It also helps to determine the seriousness of the depression. Like all inventories, it is not foolproof.

Rate each of the questions that follow by circling the number that applies

- 0 Rarely or none of the time
- 1 A little of the time (i.e., once every few months or so)
- 2 Occasionally (i.e., once a month)
- 3 A moderate amount of the time (i.e., once every one or two weeks)
- 4 A lot of the time (i.e., on and off every few days)
- 5 Nearly all of the time

At the end, total your score by adding all the numbers you have circled on each question

I am bothered by things that never used to bother me	0	1	2	3	4	5
My sleep is restless	0	1	2	3	4	5
I can get angry even if I don't show it	0	1	2	3	4	5
I have trouble keeping my mind on what I am doing	0	1	2	3	4	5
I seem to be unhappy	0	1	2	3	4	5
I feel my life has been a failure	0	1	2	3	4	5
I need "things" to help me feel better	0	1	2	3	4	5
I am less social than I used to be	0	1	2	3	4	5
I get irritable very easily	0	1	2	3	4	5
I feel that everything I do takes a lot of effort	0	1	2	3	4	5
I become engrossed in my work	0	1	2	3	4	5
I just sit around and do nothing	0	1	2	3	4	5
I withdraw and find something exciting or thrilling to do	0	1	2	3	4	5
I feel that nothing really matters	0	1	2	3	4	5
I sulk, pout, or am moody to the point that I can't help it	0	1	2	3	4	5
I do not enjoy life	0	1	2	3	4	5
I need sex to cheer me up	0	1	2	3	4	5
I have trouble getting started in the morning	0	1	2	3	4	5
I allow things to distract me from what I should be doing	0	1	2	3	4	5
I have anger outbursts I can't control	0	1	2	3	4	5

Total: _____

Interpretation: Your score will be somewhere between 0 and 100. If your total score is

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|-----------|---|
| 0 to 19 | You are probably in the nondepressed range. |
| 20 to 34 | You may be subject to periodic, mild depressions. Keep an eye on it. |
| 35 to 49 | You may just be in the moderately depressed range. Consider getting a professional consultation. |
| 50 to 69 | You are moderately depressed, probably in the clinical range. Definitely get a professional evaluation. |
| 70 to 100 | Your depression is severe, and you should seek a professional consultation right away. |