

## DEPRESSION SELF-RATING SCALE FOR CHILDREN (Birlson 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, the statements may be read out loud 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.**

Question	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	( )	( )	( )