

## Ch 13b: Assessing Depression

- Theories:
  - Psychodynamic
  - Modern CBT
- Measures
  - BDI-II
  - HAM-D

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## Assessing Depression

- Psychodynamic perspective :
  - inverted hostility

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## Depression-modern theory

- Psychological
- Biological

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## Depression-modern theory

- Psychological
  - anhedonia
  - concentration issues
  - ruminations (guilt, worthlessness)
  - suicidal ideation
  - depressed mood
- Cognitive Triad - negative thoughts:
  - about the world
  - about the future
  - about the self

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## Depression-modern theory

- Biological:
  - weight change: unintentional loss or gain
  - sleep disturbances
  - psychomotor agitation or retardation
  - loss of energy

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## DSM-IV : MDE

- 5 or more for 2 week period, must include (\*)
- Depressed mood most of most days
- Anhedonia
- Significant weight gain or loss (5%/month)
- Insomnia/hypersomnia
- Psychomotor retardation/agitation
- Fatigue/loss of energy
- Worthless/guilty feelings
- Trouble concentrating or indecisiveness

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# Beck Depression Inventory

- Aaron T Beck - Psychiatrist (with cognitive focus)
- BDI (1961), BDI-1A (1976)
- BDI-II (1996) - in response to DSM-IV
- 21 item self report
- 0-3 points per item
- Scoring
  - 0-9 minimal depression
  - 10-18 mild depression
  - 19-29 moderate depression
  - 30-63 severe depression

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# BDI-II

	Beck Depression Inventory	Baseline
V 0477	CRTRN: _____	CRF number: _____
<b>BDI-II</b>		Page 14
		patient initis: _____
		Date: _____

Name: \_\_\_\_\_ Marital Status: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Occupation: \_\_\_\_\_ Education: \_\_\_\_\_

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the **one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).

## 1. Sadness

- 0 I do not feel sad.
- 1 I feel sad much of the time.
- 2 I am sad all the time.
- 3 I am so sad or unhappy that I can't stand it.

## 2. Pessimism

- 0 I am not discouraged about my future.
- 1 I feel more discouraged about my future than I used to be.
- 2 I do not expect things to work out for me.
- 3 I feel my future is hopeless and will only get worse.

## 6. Punishment Feelings

- 0 I don't feel I am being punished.
- 1 I feel I may be punished.
- 2 I expect to be punished.
- 3 I feel I am being punished.

## 7. Self-Dislike

- 0 I feel the same about myself as ever.
- 1 I have lost confidence in myself.
- 2 I am disappointed in myself.
- 3 I dislike myself.

## 8. Self-Criticalness

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# BDI-II Questions

Sadness	Self-Criticalness	Loss of Energy
Pessimism	Suicidal Thoughts	Sleep Changes
Past Failure	Crying	Irritability
Loss of Pleasure	Agitation	Appetite
Guilty Feelings	Loss of Interest	Concentration
Punishment Feelings	Indecisiveness	Fatigue
Self-Dislike	Worthlessness	Interest in Sex+

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# BDI-II Psychometrics

- Correlation with HAM-D :0.71
- Test-retest:  $r = 0.93$
- Cronbach's Alpha :0.91

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# HAM-D aka HSRD

- Hamilton Rating Scale for Depression
- Max Hamilton - Psychiatrist 1912-1988
  - trained with Cyril Burt, UK edu psychologist / statistician - “father” of studies of heritability of IQ
- 17 item clinician rating
- 0-7 rating for each question
- Scoring:
  - 0-7 : normal
  - 20 + : moderate depression

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# HAM-D

## Hamilton Depression Rating Scale (HDRS)

PLEASE COMPLETE THE SCALE BASED ON A STRUCTURED INTERVIEW

Instructions: for each item select the one “cue” which best characterizes the patient. Be sure to record the answers in the appropriate spaces (positions 0 through 4).

### 1 DEPRESSED MOOD (sadness, hopeless, helpless, worthless)

- 0  Absent.
- 1  These feeling states indicated only on questioning.
- 2  These feeling states spontaneously reported verbally.
- 3  Communicates feeling states non-verbally, i.e. through facial expression, posture, voice and tendency to weep. Patient reports virtually only these feeling states in his/her spontaneous verbal and non-verbal communication.
- 4  Present illness is a punishment. Delusions of guilt.

### 2 FEELINGS OF GUILT

- 0  Absent.
- 1  Self reproach, feels he/she has let people down.
- 2  Ideas of guilt or rumination over past errors or sinful deeds.
- 3  Present illness is a punishment. Delusions of guilt.
- 4  Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations.

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## HAM-D Questions

Depressed Mood	Retardation	Hypochondriasis
Feelings of Guilt	Agitation	Weight Loss
Suicide	Anxiety: Psychic	Insight
Insomnia: Early	Anxiety: Somatic	
Insomnia: Middle	Appetite	
Insomnia: Late	General Somatic Sx	
Work/Activities	Genital Symptoms	

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## HAM-D Psychometrics

- Often considered the “Gold Standard”
- Criticized for not being “Gold Standard”
- Bagby, Ryder et al (2004)
  - Pros:
    - test-retest:  $r = 0.81$  to  $0.98$
    - Cronbach's alpha:  $r = 0.48$  to  $0.92$
    - inter-rater:  $r = 0.65$  to  $0.98$
  - Cons:
    - poor item characteristics
    - “Most of the items still measure multiple

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## HAM-D Psychometrics

- Cons:
  - poor item characteristics
  - “Most of the items still measure multiple constructs, items that have consistently been shown to be ineffective have been retained, and the scoring system still includes differential weighting of items...”

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## Exercise 07 - HAMDBDI

- Break into small groups
- Discussion:
- Decide on two specific flaws in the HAM-D or BDI-II. For each flaw:
  - Describe the flaw.
  - What is the theoretical background? (e.g. reliability, validity, test construction, test administration, bias...)
  - Describe one way to fix/improve this flaw.

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