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## Has your teenager been feeling:

Low, sad, blah, down or depressed?

- A. hardly ever.....
- B. much of the time.....
- C. most of the time.....
- D. all of the time.....

Worthless or hopeless?

- A. hardly ever.....
- B. much of the time.....
- C. most of the time.....
- D. all of the time.....

Tired, fatigued, or low in energy?

- A. hardly ever.....
- B. much of the time.....
- C. most of the time.....
- D. all of the time.....

That life is not very much fun?

- A. hardly ever.....
- B. much of the time.....
- C. most of the time.....
- D. all of the time.....

Worried, nervous, panicky or tense?

- A. hardly ever.....
- B. much of the time.....
- C. most of the time.....
- D. all of the time.....

Had thoughts, plans or actions about suicide or self-harm?\*

- A. no thoughts or plans or actions.....
- B. occasional thoughts, no plans or actions.....
- C. frequent thoughts, no plans or actions.....
- D. had plans and/or actions of self-harm.....

\* If your teenager has plans or actions of suicide or self-harm please seek medical attention or call 911 immediately

**For each item, score: A=0, B=1, C=2, D=3.**

**Add up all 6 item scores to get one total score. If you score 6 or above a more thorough assessment is needed! This is not a diagnosis of major depressive disorder. Share the results and discuss your teenager's symptoms with your healthcare provider.**

Kutcher Adolescent Depression Scale modified and printed with author's permission.

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