

Table 3.

Indiana Polyclinic Combined Depression Scale

0	No Depression - <i>Full enjoyment of life</i>
1	Unpleasant Feelings - Feeling sad when sad things happen; able to get things done during the day as normal; <i>almost normal enjoyment of life</i>
2	Minimal - Sadness is noticeable but short in duration; able to get things done with little effort; <i>normal life at times may not be quite as enjoyable as it once was</i>
3	Mild - Sadness may occur but less than half the day; mild change in concentration/sleep; able to get things done with increased effort; <i>frequently normal life may not be enjoyable as it once was</i>
4	Mild to Moderate - Feels sad more than half the day; some noticeable changes in concentration, sleep and appetite; may need some help completing normal activities of daily living such as chores at home; <i>others may notice a decrease in your joy of life</i>
5	Moderate - Feels sad most of the day; has decrease in concentration, happiness and activity that is noticed by others; withdrawal from activities and friends; takes effort to complete activities such as chores at home; <i>it takes an additional effort to enjoy most things</i>
6	Moderate to Severe - Feels sad all day; significant changes in sleep, concentration and appetite; feelings of hopelessness and guilt; little desire to complete activities; takes significant effort to complete any task; starting to feel like giving up; <i>feels like most joy is gone and there is nothing pleasant to look forward to</i>
7	Severe - Constant sadness; frequent crying or feeling completely numb; inability to concentrate on simplest of tasks; rare social connections; limited effort put forth for activities; <i>actively avoids things that were once enjoyable</i> ; occasional thoughts of not wanting to live
8	Debilitating - Severe sadness, worthlessness, guilt all day every day; uncontrolled crying and numbness; loss of most hope; sleeps much of day or rarely sleeps; <i>almost no effort made to enjoy life</i> ; frequent thoughts of dying
9	Agonizing - Unable to function; sleeps all day or can't sleep at all; no hope; limited communication with others; complete numbness; <i>life is completely joyless</i> ; constant thoughts of not wanting to live with a plan to end life. Hospitalization is required.
10	Worst Imaginable - Only thought is to end life (with intent and plan); no functioning; no communication; <i>what once brought joy is now torture</i> ; others insist on taking individual to hospital or calling 911. Hospitalization is required.