

Male Depression Risk Scale (MDRS-7)

Instructions for completion: Please think back over the last four weeks and respond to each item considering how often it applied to you. Please respond where 0 = none of the time; 4 = all of the time.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. I bottled up my negative feelings	0	1	2	3	4
2. I needed alcohol to help me unwind	0	1	2	3	4
3. I had unexplained aches and pains	0	1	2	3	4
4. I overreacted to situations with aggressive behaviour	0	1	2	3	4
5. It was difficult to manage my anger	0	1	2	3	4
6. Using drugs provided temporary relief	0	1	2	3	4
7. I stopped caring about the consequences of my actions	0	1	2	3	4

Scoring: The MDRS-7 provides a Total Score (sum of all 7 items):

MDRS-7 Range	MDRS-7 Cutoff Scores
<i>Low</i>	0 – 5
<i>Moderate</i>	6 – 7
<i>Severe</i>	8 – 12
<i>Extremely Severe</i>	13+