Measurely

A scientific platform to administer psychological assessments and monitor treatment outcomes

Male Depression Risk Scale (MDRS-22)

Instructions

Citation: Rice SM, Fallon BJ, Aucote HM, Möller-Leimkühler AM. Development and preliminary validation of the male depression risk scale: Furthering the assessment of depression in men. *Journal of Affective Disorders*. 2013; 151(3): 950-8.

Instructions for completion: Please think back over the last month and respond to each item considering how often it applied to you. Please respond where 0 = not at all; 7 = almost always.

	0 not at all	1	2	3	4	5	6	7 almost always
1. I bottled up my negative feelings	0	1	2	3	4	5	6	7
2. I covered up my difficulties	0	1	2	3	4	5	6	7
3. I drank more alcohol than usual	0	1	2	3	4	5	6	7
4. I drove dangerously or aggressively	0	1	2	3	4	5	6	7
5. I had more heartburn than usual	0	1	2	3	4	5	6	7
6. I had regular headaches	0	1	2	3	4	5	6	7
7. I had stomach pains	0	1	2	3	4	5	6	7
8. I had to work things out by myself	0	1	2	3	4	5	6	7
9. I had unexplained aches and pains	0	1	2	3	4	5	6	7
10. I needed alcohol to help me unwind	0	1	2	3	4	5	6	7
11. I needed to have easy access to alcohol	0	1	2	3	4	5	6	7
12. I overreacted to situations with aggressive behaviour	0	1	2	3	4	5	6	7
13. I sought out drugs	0	1	2	3	4	5	6	7
14. I stopped caring about the consequences of my actions	0	1	2	3	4	5	6	7
15. I stopped feeling so bad while drinking	0	1	2	3	4	5	6	7
16. I took unnecessary risks	0	1	2	3	4	5	6	7
17. I tried to ignore feeling down	0	1	2	3	4	5	6	7
18. I used drugs to cope	0	1	2	3	4	5	6	7
19. I verbally lashed out at others without being provoked	0	1	2	3	4	5	6	7
20. I was verbally aggressive to others	0	1	2	3	4	5	6	7
21. It was difficult to manage my anger	0	1	2	3	4	5	6	7
22. Using drugs provided temporary relief	0	1	2	3	4	5	6	7

Scoring Instructions

* Raw scores across all items are summed to derive a full-scale score
* Groups of items can be summed to derive subscale scores (supported by factor analytics research) as follows:
*Emotion Suppression: 1, 2, 8, 17
*Drug Use: 13, 22, 18
*Alcohol Use: 3, 10, 11, 15
*Anger & Aggression: 12, 19, 20, 21
*Somatic Symptoms: 5, 6, 7, 9
*Risk-Taking: 4, 14, 16

Developer Reference

Rice, S. M., Fallon, B. J., Aucote, H. M., & Möller-Leimkühler, A. M. (2013). Development and preliminary validation of the male depression risk scale: Furthering the assessment of depression in men. Journal of affective disorders, 151(3), 950-958.

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