1. Sleep Onset Insomnia:
   - 0  Never takes longer than 30 minutes to fall asleep.
   - 1  Takes at least 30 minutes to fall asleep, less than half the time.
   - 2  Takes at least 30 minutes to fall asleep, more than half the time.
   - 3  Takes more than 60 minutes to fall asleep, more than half the time.

2. Mid-Nocturnal Insomnia:
   - 0  Does not wake up at night.
   - 1  Restless, light sleep with few awakenings.
   - 2  Wakes up at least once a night, but goes back to sleep easily.
   - 3  Awakens more than once a night and stays awake for 20 minutes or more, more than half the time.

3. Early Morning Insomnia:
   - 0  Less than half the time, awakens no more than 30 minutes before necessary.
   - 1  More than half the time, awakens more than 30 minutes before need be.
   - 2  Awakens at least one hour before need be, more than half the time.
   - 3  Awakens at least two hours before need be, more than half the time.

4. Hypersomnia:
   - 0  Sleeps no longer than 7-8 hours/night, without naps.
   - 1  Sleeps no longer than 10 hours in a 24 hour period (include naps).
   - 2  Sleeps no longer than 12 hours in a 24 hour period (include naps).
   - 3  Sleeps longer than 12 hours in a 24 hour period (include naps).

Enter the highest score on any 1 of the 4 sleep items (1-4 above):

- 0
- 1
- 2
- 3

= page total

CRC ID
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Patient ID   Date   Level   Week in level

5. Mood (Sad):
   □ 0  Does not feel sad.
   □ 1  Feels sad less than half the time.
   □ 2  Feels sad more than half the time.
   □ 3  Feels intensely sad virtually all of the time.

Rate either 6 or 7 (not both)
6. Appetite (Decreased):
   □ 0  No change from usual appetite.
   □ 1  Eats somewhat less often and/or lesser amounts than usual.
   □ 2  Eats much less than usual and only with personal effort.
   □ 3  Eats rarely within a 24-hour period, and only with extreme personal effort or with persuasion by others.

   - OR -

7. Appetite (Increased):
   □ 0  No change from usual appetite.
   □ 1  More frequently feels a need to eat than usual.
   □ 2  Regularly eats more often and/or greater amounts than usual.
   □ 3  Feels driven to overeat at and between meals.

Rate either 8 or 9 (not both)
8. Weight (Decrease) Within the Last Two Weeks:
   □ 0  Has experienced no weight change.
   □ 1  Feels as if some slight weight loss has occurred.
   □ 2  Has lost 2 pounds or more.
   □ 3  Has lost 5 pounds or more.

   - OR -

9. Weight (Increase) Within the Last Two Weeks:
   □ 0  Has experienced no weight change.
   □ 1  Feels as if some slight weight gain has occurred.
   □ 2  Has gained 2 pounds or more.
   □ 3  Has gained 5 pounds or more.

Enter the highest score on any 1 of the 4 appetite/weight change items (6-9 above):

□ 0  □ 1  □ 2  □ 3  + item 5 = ___ page total
10. **Concentration/Decision Making:**
   - □ 0 No change in usual capacity to concentrate and decide.
   - □ 1 Occasionally feels indecisive or notes that attention often wanders.
   - □ 2 Most of the time struggles to focus attention or make decisions.
   - □ 3 Cannot concentrate well enough to read or cannot make even minor decisions.

11. **Outlook (Self):**
   - □ 0 Sees self as equally worthwhile and deserving as others.
   - □ 1 Is more self-blaming than usual.
   - □ 2 Largely believes that he/she causes problems for others.
   - □ 3 Ruminates over major and minor defects in self.

12. **Suicidal Ideation:**
   - □ 0 Does not think of suicide or death.
   - □ 1 Feels life is empty or is not worth living.
   - □ 2 Thinks of suicide/death several times a weeks for several minutes.
   - □ 3 Thinks of suicide/death several times a day in depth, or has made specific plans, or attempted suicide.

13. **Involvement:**
   - □ 0 No change from usual level of interest in other people and activities.
   - □ 1 Notices a reduction in former interests/activities.
   - □ 2 Finds only one or two former interests remain.
   - □ 3 Has virtually no interest in formerly pursued activities.

14. **Energy / Fatigability:**
   - □ 0 No change in usual level of energy.
   - □ 1 Tires more easily than usual.
   - □ 2 Makes significant personal effort to initiate or maintain usual daily activities.
   - □ 3 Unable to carry out most of usual daily activities due to lack of energy.

                                  = page total (total items 10-14)
15. Psychomotor Slowing:
   - 0 Normal speed of thinking, gesturing, and speaking.
   - 1 Patient notes slowed thinking, and voice modulation is reduced.
   - 2 Takes several seconds to respond to most questions; reports slowed thinking.
   - 3 Is largely unresponsive to most questions without strong encouragement.

16. Psychomotor Agitation:
   - 0 No increased speed or disorganization in thinking or gesturing.
   - 1 Fidgets, wrings hands, and shifts positions often.
   - 2 Describes impulse to move about and displays motor restlessness.
   - 3 Unable to stay seated. Paces about with or without permission.

Enter the highest score of either of the 2 psychomotor items (15 or 16 above):

- 0
- 1
- 2
- 3

\[\text{= page total}\]

17. QIDS-C_{16} = \text{sum of page totals (range: 0-27)}