



Male Depression Risk Scale (MDRS-22)

Instructions:

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.

		Not at all	1	2	3	4	5	6	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



	Not at all	1	2	3	4	5	6	Almost Always	
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

Developer Reference:

Rice, S. M., Fallon, B. J., Aucote, H. M., Möller-Leimkühler, A., Treeby, M. S., & Amminger, G. P. (2015). Longitudinal sex differences of externalising and internalising depression symptom trajectories: Implications for assessment of depression in men from an online study. *The International Journal of Social Psychiatry*, 61(3), 236–240. <https://doi.org/10.1177/0020764014540149>

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