



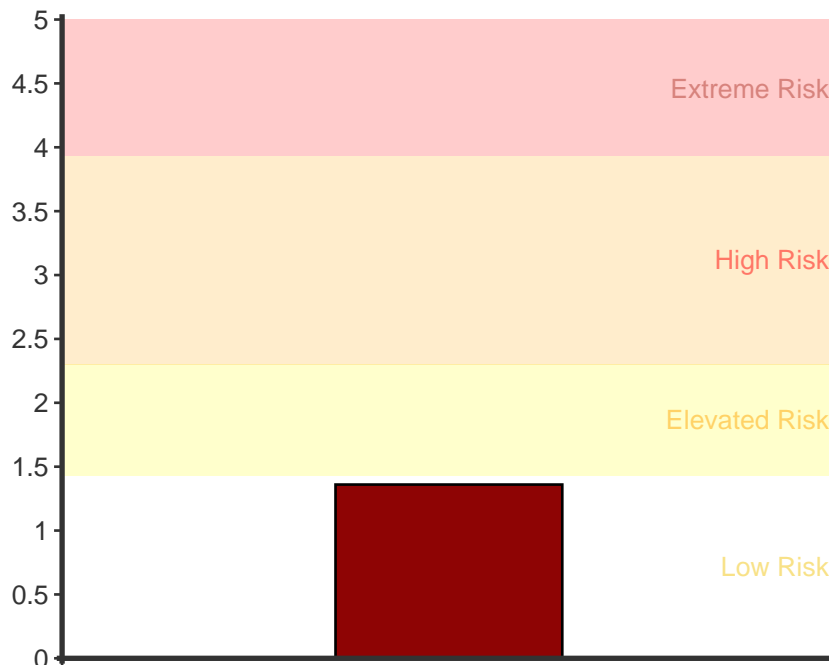
Male Depression Risk Scale (MDRS-22)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	12 Jun 2024
<i>Date of birth (age)</i>	9 Aug 1997 (26)	<i>Time taken</i>	47s
<i>Assessor</i>	Dr Mandira Mishra		

Results

	Score	Percentile	Average (0-7)	Descriptor
Total (0-154)	30	48	1.36	Low Risk
Emotional Suppression	14	66	3.5	Risk Indicated
Drug Use	3	60	1	Risk Indicated
Alcohol Use	8	69	2	Risk Indicated
Anger and Aggression	2	30	0.5	-
Somatic Symptoms	2	27	0.5	-
Risk Taking	1	32	0.33	-

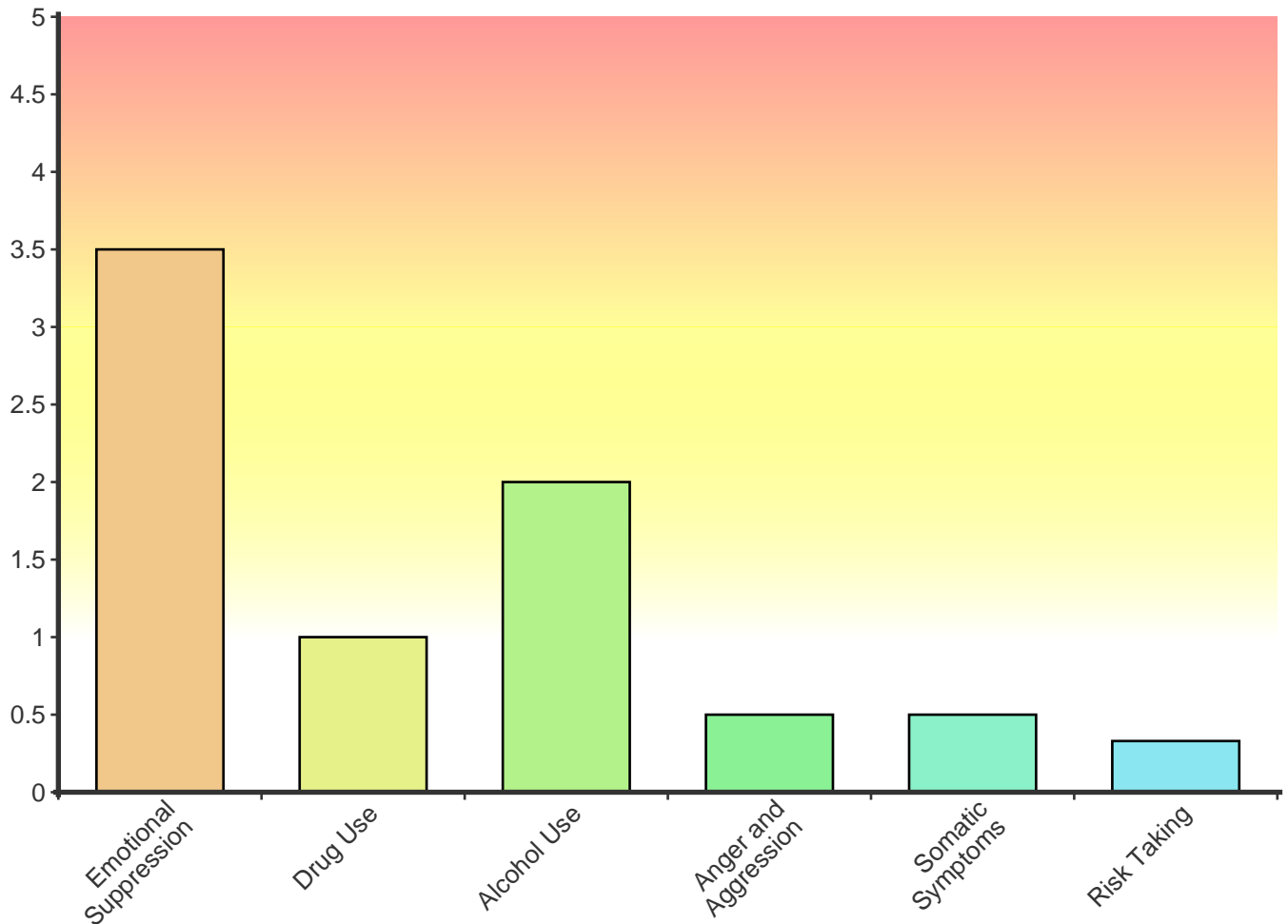
Male Depression Risk Scale Average Score





Client Name | Generic Client

Male Depression Risk Scale Subscale Average Scores



Interpretation

The client's responses indicate that they are unlikely to be experiencing significant depressive symptoms. This suggests a lower risk of depression, with few or no symptoms impacting daily life. While this is a positive sign, it remains important to maintain healthy coping strategies and monitor mental health.

The respondent's results indicated risk in the emotional suppression, drug use, and alcohol use scales.

Emotional Suppression

The client's responses **identified risk** in this domain. The client's responses indicate that they suppress their emotions frequently, which can be a risk factor for depression. This may lead to difficulties in expressing feelings, increased stress, and potentially strained relationships.

Drug Use

The client's responses **identified risk** in this domain. The client's responses indicate they use drugs to cope with stress or emotional issues. This behaviour can exacerbate depressive symptoms and lead to other health problems.



Client Name | Generic Client

Interpretation (cont.)

Alcohol Use

The client's responses **identified risk** in this domain. The client's responses indicate they used alcohol as a means to cope with stress or emotional difficulties which can lead to worsening depressive symptoms.

Scoring and Interpretation Information

For comprehensive information on the MDRS-22, [see here](#).

Scores consist of a total score (range 0 to 154) with higher scores indicative of a greater risk of significant depressive symptoms. A total score risk descriptor is presented to provide an indication of risk. Risk ranges are defined as follows (Rice et al., 2017):

- Low Risk

Scores 0-31. Average score of 1.41 and under. Percentiles below 49th.
This suggests a low risk of depression, with few or no signs and symptoms

- Elevated Risk

Scores 32-50. Average score between 1.42 and 2.27. Percentiles between 50th and 74th.
Men with scores in this range are of higher risk of developing depression and may be currently experiencing mild depressive symptoms.

- High Risk

Scores 51-86. Average score between 2.28 and 3.91. Percentiles between 75th and 97th.
Men who score within this rank are likely currently experiencing significant depressive symptoms and exhibiting behaviours that are impacting daily life. Research indicates that scores in this range correctly identify men with a recent suicide attempt, with a sensitivity of 84.6% and a specificity of 77.5% (Rice et al., 2017).

- Extreme Risk

Scores 87-154. Average score between 3.92 and 7.0. Percentiles between 97th and 99.9th.
Individuals scoring in this range are experiencing severe depressive symptoms and may be engaging in many maladaptive coping behaviours. These symptoms and behaviours are likely to be impacting daily functioning, quality of life, occupation and relationship functioning. Research indicates that scores in this range correctly identify men with a recent suicide attempt, with a sensitivity of 85% and a specificity of 78% (Rice et al., 2017)

A percentile is computed for the total score, comparing the respondents scores to a normative sample of men (Rice et al., 2017). Percentiles help contextualise the respondents pattern of responding in relation to a typical man, where a percentile of 50 represents average depression risk in men. This corresponds to an "elevated" depression risk according to the below risk ranges, highlighting that the typical man is at significant risk of depression.

In addition, average scores are calculated for the total score and subscales scores, which represent the level of agreement on the likert scale, from 0 to 7. An average score of 0 equates to "Not at all" and 7 represents "Almost always" on the likert scale. Average scores allow patterns of responding to be directly compared across subscales with a common metric.

The subscales are listed below, with each subscale contributing to depression risk at a different



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

level, as defined below. NovoPsych defined elevated risk for each subscale as being above the normative mean, with the exception of drug and alcohol use which was defined as elevated with any score above 0.

-Emotional Suppression: Items 1, 2, 8, 17
An identified risk is defined as an average score of 2.75 or above

-Drug Use: Items 13, 22, 18
An identified risk is defined as an average score of 0.33 or above

-Alcohol Use: Items 3, 10, 11, 15
An identified risk is defined as an average score of 0.25 or above

-Anger & Aggression: Items 12, 19, 20, 21
An identified risk is defined as an average score of 1.50 or above

-Somatic Symptoms: Items 5, 6, 7, 9
An identified risk is defined as an average score of 1.50 or above

-Risk-Taking: Items 4, 14, 16
An identified risk is defined as an average score of 1.00 or above

Client Responses

		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



Client Name | Generic Client

Client Responses (cont.)

		Not at all	1	2	3	4	5	6	Almost Always
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