



Anxiety Depression and Mood Scale (ADAMS)

Instructions:

The Anxiety Depression and Mood Scale (ADAMS) contains a list of behaviours that can be found among individuals with intellectual disability. Please describe the individual's behaviour over the last 6 months, using the following scale.

Not a Problem - behaviour has not occurred

Mild Problem - behaviour occurs occasionally

Moderate Problem - behaviour occurs quite often

Severe Problem - behaviour occurs a lot

		Not a Problem	Mild Problem	Moderate Problem	Severe Problem
1	Nervous	0	1	2	3
2	Problems initiating communication	0	1	2	3
3	Does not relax or settle down	0	1	2	3
4	Has periods of over-activity	0	1	2	3
5	Sleeps more than normal	0	1	2	3
6	Withdraws from other people	0	1	2	3
7	Tense	0	1	2	3
8	Engages in ritualistic behaviours	0	1	2	3
9	Depressed mood	0	1	2	3
10	Sad	0	1	2	3
11	Worried	0	1	2	3
12	Has developed difficulty staying on task or completing work	0	1	2	3
13	Shy	0	1	2	3



		Not a Problem	Mild Problem	Moderate Problem	Severe Problem
14	Easily fatigued (not due to being overweight)	0	1	2	3
15	Anxious	0	1	2	3
16	Repeatedly checks items	0	1	2	3
17	Easily distracted	0	1	2	3
18	Lacks energy	0	1	2	3
19	Avoids others, spends much of time alone	0	1	2	3
20	Easily upset if ritualistic behaviours are interrupted	0	1	2	3
21	Lacks emotional facial expressions	0	1	2	3
22	Has shown difficulty in starting routine tasks	0	1	2	3
23	Listless	0	1	2	3
24	Experiences panic attacks	0	1	2	3
25	Avoids eye contact	0	1	2	3
26	Trembles when frightening situations are not present	0	1	2	3
27	Avoids peers	0	1	2	3
28	Tearful	0	1	2	3

Developer Reference:

Esbensen, A. J., Rojahn, J., Aman, M. G., & Ruedrich, S. (2003). Reliability and validity of an assessment instrument for anxiety, depression, and mood among individuals with mental retardation. *Journal of Autism and Developmental Disorders*, 33(6), 617–629. <https://doi.org/10.1023/B:JADD.0000005999.27178.55>

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