**THE INTERNATIONAL DEPRESSION QUESTIONNAIRE (IDQ)**

OVERVIEW: The *International Depression Questionnaire* (IDQ) is a self-report measure of ICD-11 Single Episode Depressive Disorder (ICD-11 diagnostic code 6A70). It can be used to generate severity scores and to identify cases meeting diagnostic criteria. The severity scoring method simply involves summing the scores of the 9 IDQ items producing a possible range of scores from 0 to 36. No cut-off scores are proposed, as ‘caseness’ is defined by applying the ICD-11 diagnostic algorithm.

DIAGNOSTIC ALGORITHM: The ICD-11 states that Depressive Episode requires “*The concurrent presence of at least five of the … characteristic symptoms occurring most of the day, nearly every day during a period lasting at least 2 weeks. At least one symptom from the Affective cluster must be present*”. This equates to endorsing (i.e., scoring 3 or 4 on the Likert scale) a total of five or more of the nine items, with at least one of the five being item 1 or 2 (or both) from the IDQ. If these conditions are met, *and* the functional impairment question is answered ‘Yes’, then the diagnostic requirements for ICD-11 Depressive Episode have been met. SPSS syntax for executing the diagnostic algorithm is provided at the end of this document.

The following reference should be used:

Shevlin, M., Hyland, P., Butter, S., McBride, O., Hartman, T. K., Karatzias, T., & Bentall, R. P. (2022). The development and initial validation of self-report measures of ICD-11 depressive episode and generalized anxiety disorder: The International Depression Questionnaire (IDQ) and the International Anxiety Questionnaire (IAQ). *Journal of Clinical Psychology*, 1– 17. https://doi.org/10.1002/jclp.23446

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**Over the last two weeks**, how frequently have you had the following feelings, thoughts, and behaviours? Please circle the appropriate number to indicate your response.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Never | Only a few days | Half the days | Most days | Every day |
| 0 | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Felt down or depressed *for most of the day*? | 0 | 1 | 2 | 3 | 4 |
| 1. Experienced less interest or pleasure from normal activities *for most of the day*? | 0 | 1 | 2 | 3 | 4 |
| 1. Have had difficulty concentrating? | 0 | 1 | 2 | 3 | 4 |
| 1. Had feelings of worthlessness or guilt? | 0 | 1 | 2 | 3 | 4 |
| 1. Felt hopeless? | 0 | 1 | 2 | 3 | 4 |
| 1. Had recurrent thoughts of death or suicide? | 0 | 1 | 2 | 3 | 4 |
| 1. Have had changes in appetite or sleep? | 0 | 1 | 2 | 3 | 4 |
| 1. Moved slower or felt more restless? | 0 | 1 | 2 | 3 | 4 |
| 1. Experienced reduced energy or fatigue? | 0 | 1 | 2 | 3 | 4 |

Have these experiences caused problems in personal, family, social, educational, occupational,

Or other important areas of your life? Yes No

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SPSS SCORING: If the IDQ items are labelled Dep\_1 to Dep\_9 and the functional impairment item is labelled ‘Dep\_impair’, the following syntax will produce a variable called ‘ICD\_DEP\_dx’ with values of 1 indicating meeting diagnostic criteria and 0 indicating not meeting diagnostic criteria.

IF (Dep\_1 >2) or (Dep\_2 > 2) CoreDep\_dx=1.

EXECUTE.

COUNT Count\_Dep =

Dep\_1,

Dep\_2,

Dep\_3,

Dep\_4,

Dep\_5,

Dep\_6,

Dep\_7,

Dep\_8,

Dep\_9 (3,4).

EXECUTE.

IF (CoreDep\_dx =1) and (Count\_Dep >= 5) and (Dep\_impair =1) ICD\_DEP\_dx=1.

EXECUTE.

RECODE ICD\_DEP\_dx (MISSING=0).

EXECUTE.

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