

Oxford Depression Questionnaire (ODQ)

English version for the United Kingdom

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This questionnaire asks about your emotional experiences during the past week. There are three sections to this questionnaire - please complete each section.

SECTION 1

Please read each statement carefully. Then, place a tick in the box corresponding to the answer which best describes your experience *during the past week*. Please give an answer for every question. Do not spend too long on each question – your first impressions are probably best.

	Disagree	Disagree a little	Neither agree nor disagree	Agree a little	Agree
1 All my emotions, both 'pleasant' and 'unpleasant', are 'toned down'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I don't fully enjoy things that should give me pleasure, such as beautiful places or things or music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I care less about other people's feelings than I think I should	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Because I don't care so much about things, I'm having problems at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Unpleasant emotions, such as sadness, disappointment, and upset, feel toned down or different in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I don't look forward to things with eager anticipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I don't have much sympathy for people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I feel 'spaced out' and distant from the world around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 My emotions lack intensity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I don't have the passion and enthusiasm for life that I should	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Other people being upset doesn't affect me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Because I don't care so much about things, I'm having problems at work or college	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 2

The following questions ask you to *compare* your experiences *during the past week* to your experiences *before you developed your illness / problem*. Again, read each statement carefully. Then, place a tick in the box corresponding to the answer which best describes your experience. Remember, do not spend too long on each question – your first impressions are probably best.

	Disagree	Disagree a little	Neither agree nor disagree	Agree a little	Agree
13 Day to day life just doesn't have the same emotional impact on me that it did before my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
14 I don't experience <u>pleasant</u> emotions as much as I did before I developed my illness/problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 I don't react to other people's emotions (such as their sadness, anger or upset) as much as I did before my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 I don't care as much about my day to day responsibilities as I did before I developed my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 My emotions are numbed / dulled / flattened compared to before I developed my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 I don't get as much of a 'high' from good things in my life as I did before my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 I don't have as much sympathy for other people as I did before my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 I just don't care about things as much as I did before my illness / problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 3

If you are not currently prescribed antidepressants for your illness / problem, please tick this box , and do not answer any more questions.

If you are currently prescribed antidepressants for your illness / problem, please answer the following questions. Remember, the questions refer to your experiences *during only the past week*.

		Disagree	Disagree a little	Neither agree nor disagree	Agree a little	Agree
21	The antidepressant is preventing me from feeling my emotions in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	The antidepressant seems to make me just not care about things that should matter to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	The antidepressant seems to make me feel emotionally disconnected from people around me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	The antidepressant is preventing me from feeling <u>pleasant</u> emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	The antidepressant changes the way that I experience my emotions in a way that is <u>unhelpful</u> (not helpful) to me at the moment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	I have considered stopping (or have already stopped) my antidepressant because of its emotional side-effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>