

The Brief Screening for Adolescent Depression (BSAD)¹

The BSAD is intended for use by parent(s) or guardian(s) to assess for possible depression and suicide factors apparent in their child. The screening consists of six questions related to symptoms of depression that have been noticeable in the child in the past four weeks, and one question asks whether the child has attempted suicide in the past year.

Sample Screening Questions:

- Does he/she seem to have less energy than he/she usually does?
- In the last four weeks, has there been a time when it seemed like nothing is fun for him/her?
- In the last four weeks, has he/she talked seriously about killing him/herself?

Questions are answered Yes or No.

Scoring assigns each answer a numerical value and adds the total value of responses to the seven questions.

- Yes = 1
- No = 0

Interpretation:

- 0-2: It is unlikely that your child has depression.
- 3: It is possible that your child has depression
- 4-9: It is likely that your child has depression.

Two questions ask about suicidal thoughts and behaviors. If either of these questions are answered “Yes” indicating suicidality, help from a mental health professional should be sought, regardless of the total BSAD score.

¹ Shaffer, D., Fisher, P., Lucas, C.P., Dulcan, M.K., Schwab-Stone, M.E. (2000). NIMH Diagnostic Interview Schedule for Children Version IV (NIMH DISC-IV): description, differences from previous versions, and reliability of some common diagnoses. *Journal of the American Academy of Child and Adolescent Psychiatry*, 39, 28-38.