

## Assessment of Mood in People with an Intellectual Disability

Measurement domain	Assessment measure	Population	Level of ID	Description/structure	Administration
Mood	<b>Mood and Anxiety Semi-structured Interview for Patients with Intellectual Disability</b> (MASS; Charlot, Deutsch, Hunt, Fletcher, & McIlvane, 2007) <sup>i</sup>	Adult	Moderate/Severe	<u>Structure:</u> The MASS asks informants to identify the occurrence of 'behavioural descriptions', which correspond to symptoms of mood disorders (including anxiety, worry, depressed mood and anhedonia).  <u>Purpose:</u> Used for diagnosis of mood disorder.	<u>Assessed by:</u> Mental health professional  <u>Answered by:</u> Informant
	<b>Self-report Depression Questionnaire</b> (SRDR; Reynolds, & Baker, 1988) <sup>ii</sup>	Adolescent /Adult	Mild	<u>Structure:</u> 32-item measure of depression based on DSM-III-R classifications.  <u>Purpose:</u> Assessment of symptoms of depression	<u>Assessed by:</u> Mental health professional  <u>Answered by:</u> Self-report
	<b>Anxiety, Depression and Mood Scale</b> (ADAMS; Esbensen, Rojahn, Aman, & Reudrich, 2003) <sup>iii</sup>	10 years and up	Mild/Moderate/Severe/ Profound	<u>Structure:</u> 25-item, 5-subscale measure of manic/hyperactive behaviour, depressed mood, social avoidance, general anxiety and compulsive behaviour.  <u>Purpose:</u> Comprehensive screening for anxiety and depression in people with an ID	<u>Assessed by:</u> Mental health professional  <u>Answered by:</u> Informant
	<b>Depression in Adults with Intellectual Disability Checklist</b> (Torr & Iacono, 2006) <sup>iv</sup> <a href="http://www.cddh.monashhealth.org/index.php/depression-in-adults-with-intellectual-disability-">http://www.cddh.monashhealth.org/index.php/depression-in-adults-with-intellectual-disability-</a>	Adult/ Older adult	Mild/Moderate/Severe	<u>Structure:</u> One page checklist to be completed by a support person prior to attending a medical or mental health consultation.  <u>Purpose:</u> Screening for depression in people with an ID whom are unable to	<u>Assessed by:</u> Mental health professional  <u>Answered by:</u> Informant (specifically designed to be completed by paid carers).

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	<a href="#">checklist/</a>			report their own feelings/symptoms.	
	<b>Kessler Psychological Distress Scale</b> (K10; Kessler, Andrews, Colpe, et al., 2002) <sup>v</sup> <a href="https://www.tac.vic.gov.au/files-to-move/media/upload/k10_english.pdf">https://www.tac.vic.gov.au/files-to-move/media/upload/k10_english.pdf</a>	Adult	Borderline/Mild	<b>Structure:</b> 10-item measure of global distress based on questions about anxiety and depressive symptoms over a 4-week period.  <b>Purpose:</b> To assess and monitor distress	<b>Assessed by:</b> Mental health professional  <b>Answered by:</b> Self-report with support person's assistance if required.

References

<sup>i</sup> Charlot, L., C. Deutsch, A. Hunt, K. Fletcher, and W. McLlvane, *Validation of the Mood and Anxiety Semi-structured (MASS) Interview for patients with intellectual disabilities*. Journal of Intellectual Disability Research, 2007. 51(10): p. 821-834.

<sup>ii</sup> Reynolds, W.M. and J.A. Baker, *Assessment of depression in persons with mental retardation*. American Journal on Mental Retardation, 1988. 93: p. 93-103.

<sup>iii</sup> Esbensen, A.J., et al., *Reliability and validity of an assessment instrument for anxiety, depression, and mood among individuals with mental retardation*. Journal of Autism and Developmental Disorders, 2003. 33(6): p. 617-629.

<sup>iv</sup> Torr, J. and T. Iacono, *Depression in adults with intellectual disability: Depression checklist*. Access from <http://www.cddh.monash.org>.

<sup>v</sup> Kessler, R.C., et al., *Short screening scales to monitor population prevalences and trends in non-specific psychological distress*. Psychological Medicine, 2002. 32(06): p. 959-976.

