

The Depression Intensity Scale Circles (DISCs) and Numbered Graphic Rating Scale (NGRS).

These scales have been developed and adapted for use in the assessment of depression people with brain injuries. Generally, people who can understand instructions and can identify correctly the highest, lowest and mid-point on the NGRS prefer to use this scale. The DISCs is designed to be intuitive for people with more profound cognitive and language problems.

The NGRS is displayed on a laminated card
It measures 10 cm, with numbered increments every 1 cm. Score range 0-10

The DISCs is displayed on a laminated card. Each circle is 2 cm in diameter. The scale measures 15 cm from the centre of the bottom circle to the centre of the top circle. A pictorial version also available.
Score range 0-5 (a multiplier of 2 may be applied to the DISCs data to make it compatible with NGRS data)

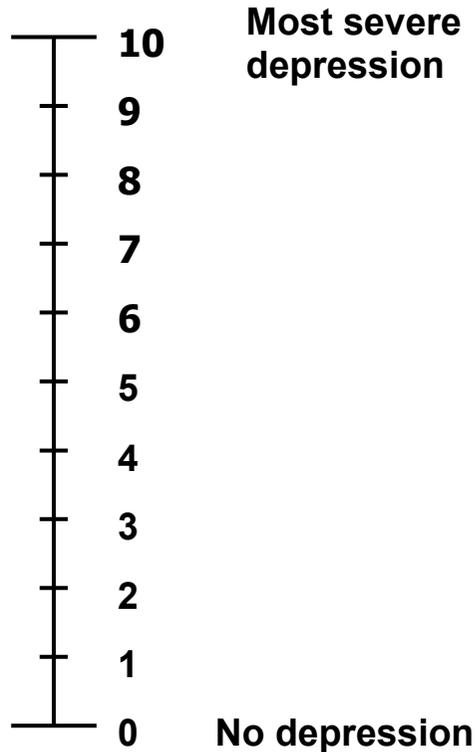
The DISCs may be freely used and copied, but please cite the following source reference, which also gives details of evaluation of validity and repeatability:

Turner-Stokes L, Kalmus M, Hirani D, Clegg F. *The Depression Intensity Scale Circles (DISCs): Initial evaluation of a simple assessment tool for depression in the context of brain injury.* Journal of Neurology, Neurosurgery and Psychiatry 2005;76:1273-8.

Further details on the assessment and management of depression in the context of brain injury are available in:
“Concise guidance for the use of anti-depressant medication in adults undergoing recovery and rehabilitation following acquired brain injury” Guidelines prepared by the British Society of Rehabilitation Medicine and the British Geriatrics Society. Published by the Royal College of Physicians, London 2005.

For further information please contact:
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Northwick Park Hospital, Watford Road, Harrow, Middlesex HA1 3UJ.

The Numeric Graphic Rating Scale (NGRS)



Instructions for administration:

Say to the patient:

- This is a scale to measure depression.
- Please point to Indicates
 - The Highest score [should indicate 10]
 - The Mid-point [should indicate 5]
 - The Lowest score [should indicate 0]
- [Continue only if satisfactorily accomplished]
- The numbers show how depressed you feel.
[Indicate 0]
- The bottom of the scale shows no depression.
[Indicate 10]
- The top shows depression as bad as it can be.
[Pointing at each number in ascending order]
- As you go from the bottom of the scale to the top, you can see that depression is becoming more and more severe.
- Which point on the scale shows how depressed you feel today?

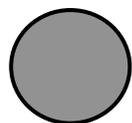
To the administrator

In your opinion was the person able to understand this scale?

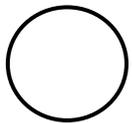
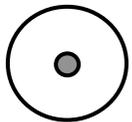
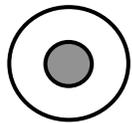
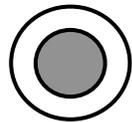
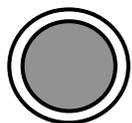
Yes No

Comment

The Depression Intensity Scale Circles (DISCs)



Most severe depression



No Depression

Instructions for administration:

Say to the patient:

- This is a scale to measure depression
Please point to each of the circles in turn to make sure that you can see them all.
[Continue only if satisfactorily accomplished]
- The grey circles show how depressed you feel.

[Indicate the clear circle at the bottom]
- The bottom circle shows no depression.

[Indicate the fully shaded circle at the top]
- The top circle shows depression as bad as it can be.

[Pointing at each circle in ascending order]
- As you go from the bottom circle to the top, you can see that depression is becoming more and more severe.
- Which of these circles shows how depressed you feel today?

To the administrator:

In your opinion was the person able to understand this scale?

Yes No

Comment