

Appendix. The Shahin Mixed Depression Scale (SMDS)

Shahin Mixed Depression Scale

By Islam **Shahin**

- **Instructions:** Please read each statement carefully and decide whether it describes what you have been experiencing over the last week, including today.

- Only check YES to the statements representing experiences that **frequently**, (NOT RARELY), occurred during the last week, including today.

	YES	NO
1- I am unable to sit still.		
2- I keep pacing back and forth.		
3- I keep wringing my hands.		
4- I keep pulling or rubbing on my hair, skin, or clothes.		
5- I have unprovoked outbursts of complaining or shouting.		
6- I feel very talkative.		
7- a. I feel too much energy pent up inside my body like I am going to explode.		
b. I feel a violent force inside me as if I wanted to smash everything.		
c. I am unable to relax because I feel so tense.		
8- a. My mind is racing so much that I cannot focus on any one thing.		
b. I have so many thoughts happening all at once that my head feels like it is about to explode.		
9- a. I have unprovoked feelings of rage.		
b. I am so irritable that I shout at people or initiate fights or arguments.		
10- a. I describe my suffering so dramatically and exaggeratedly that others noticed that.		
b. I have frequent spells of weeping.		
11- a. It takes me longer to fall asleep.		
b. I wake up in the middle of the night, and I can hardly go back to sleep.		
12- I go back and forth between feelings of sadness and feelings of happiness.		
13- a. I move so slowly that others noticed that.		
b. I talk so slowly that others noticed that.		