

## Scoring the Depression Map Questionnaire (DMQ)

The DMQ does not provide an overall score. Instead, each item corresponds to a risk factor for a mood disorder. A high rating on a given item suggests that this is a topic that may (or may not) be relevant in the client's case. If subsequent questioning bears this out, the strategy or exercise associated with that item *might* be useful in the client's therapeutic work.

Each factor is associated with a number (e.g., 12-1). These numbers refer to the chapter and order of appearance of care strategies in the book *Your Depression Map*. These strategies, now updated, are provided to you as separate handout sheets for your clients and are reproduced in this guide. The handouts are also available as a series of separate pdf files, each one titled as indicated in the "Filename" column.

Most factors are represented by two items each. The first, Goal Setting, has three items. In most cases, a double (or treble) high point score (a rating of 4 or 5) suggests that a factor (and its corresponding strategy) may be particularly relevant. In some cases, the two items represent two independent ideas. For example, the first item about caffeine consumption asks about coffee and tea; the second asks about caffeinated soft drinks. Rating either one highly suggests that examining the client's caffeine consumption might be a good idea.

Note that the DMQ has not been subject to rigorous empirical validation. It simply asks relatively face-valid questions about symptoms and features of depression, and links these to therapeutic strategies that *may* be beneficial for clients acknowledging them. Consequently, the DMQ cannot be considered a substitute for thorough assessment, and cannot be used ON ITS OWN in structuring treatment. Instead, it is meant to provide a source of information to be used in addition to professional clinical judgment when formulating a case and a course of treatment.

To score the measure, use a scoring sheet (starting on the next page).

Starting at the beginning of the questionnaire, find the first statement that the client rated either 4 or 5 out of 5. Find the strategy number (e.g., 12-2) beside the statement. Write the rating (4 or 5) beside that strategy number on the scoring sheet. Do the same for all the other statements the client rated 4 or 5. As an example:

Item	Rating	Filename	Description
12-2	5, 4	Exercise	Developing an exercise program

If very few items are given a 4 or 5, look for 3s as well.

Strategies with one or more high ratings represent good possibilities for therapy strategies. Examine the table for sections (e.g., Emotion, or Thought) that seem to have large clusters of high ratings. These areas may be particularly fruitful to explore in therapy.

## Goal Setting

Item	Rating	Filename	Description
9-1		GoalSetting	Strategies for setting achievable goals

## Behaviour

Item	Rating	Filename	Description
12-1		Diet	Dietary management
12-2		Exercise	Developing an exercise program
12-3		Sleep	Sleep hygiene
12-4		Caffeine	Caffeine contents and recommendations
12-5		Light	Maximizing light exposure; light therapy
12-6		DrugsAlcohol	Very brief doc on avoiding substances during dep
12-7		Fun	Building fun into your life

## Thought

Item	Rating	Filename	Description
14-1		Monitoring	Thought monitoring to increase awareness
14-2		Downward Arrow	How to do a downward arrow to detect core beliefs
14-3		Negative self-talk	Catching and halting negative self-talk
14-4		Beliefs	Maladaptive beliefs that promote depression
14-5		Biases	Cognitive biases that distort appraisals
14-6		IsShould	Distinguishing between reality and shoulds
14-7		Attributions	Balancing pos and neg attributions for events
14-8		Perfectionism	Coping with perfectionistic thinking
14-9		Thought Challenging	Challenging negative thinking
14-10		Worry	Strategies for reducing worry
14-11		CognitiveImpairment	Dealing with poor memory and concentration

## Emotion

Item	Rating	Filename	Description
15-1		EmotionBeliefs	Recognizing maladaptive beliefs re emotion
15-2		Stress	Coping with stress
15-3		Fear	Overcoming fear and avoidance
15-4		Anger	Strategies for reducing anger & angry outbursts
15-5		Overwhelmed	Turn feeling overwhelmed into an asset
15-6		GuiltShame	Coping with feelings of guilt and shame
15-7		Hope	Why hope can be a destructive force
15-8		MoodChecking	The temptation to look for dep when feeling well
15-9		MoodDips	What to do when mood drops

## Situation

Item	Rating	Filename	Description
16-1		168Hours	How you spend the 168 hrs in a week
16-2		SpeedOfLife	Why operating full-out is a bad idea
16-3		Work	Keeping work in its place; overwork & burnout
16-4		Finances	Coping with financial stress
16-5		Simplify	Simplifying an overly complicated life
16-6		Hassles	Coping with a pile of small hassles & demands
16-7		Media	Limiting media & news overexposure
16-8		Nature	Enhancing contact with nature

## Social

Item	Rating	Filename	Description
17-1		DeepeningFriends	Strategies for deepening existing friendships
17-2		RevivingFriends	Reviving friendships that have drifted
17-3		StartingFriends	Strategies for meeting new friends
17-4		SupportTeam	Building a personal support team
17-5		SocialBalancing	Balancing discussions about self and others
17-6		Assertion	Brief introduction to assertiveness skills
17-7		Childcare	Coping with childcare during depression
17-8		Romance	Coping with romantic relationships during dep.

## Meaning

Item	Rating	Filename	Description
18-1		MeaningInventory	Listing what has been meaningful in your life
18-2		CultureSeparation	Separation/individuation from cultural expect'ns
18-3		WelcomeCrisis	Using emotional crisis as cue to change life
18-4		Backtrack	Backtracking from an unhelpful life course
18-5		DepressionMeaning	Finding meaning from the experience of dep.
18-6		SpiritualPath	Developing a spiritual path
18-7		LargerCause	Find a larger cause to be involved with