

Athletic Depression Inventory

This assessment can be self-scored by following the scoring scale at the end of the questionnaire. Circle the answer that best describes your experience.

1. 0 I do not feel sad
1 I feel sad
2 I am often sad and can not get out of it
3 Being sad and unhappy is unbearable
2. 0 I am not particularly discouraged about the future.
1 I feel discouraged about the future.
2 I feel I have nothing to look forward to.
3 I feel the future is hopeless and that things cannot improve.
3. 0 I do not feel like a failure.
1 I feel I have failed more than my peers
2 As I look back on my life/ career, all I can see are a lot of failures
3 I feel I am a complete failure as a person/athlete.
4. 0 I get as much satisfaction out of my sport as I used to.
1 I do not enjoy my sport as much as I used to.
2 I do not get real satisfaction from sport or being an athlete.
3 I am dissatisfied or bored with everything.
5. 0 I do not feel guilty about the amount of time spent not working out during free time.
1 I feel guilty a good part of the time I am not working out during free time.
2 I feel quite guilty if I do not work out during free time.
3 I feel guilty all the time during my free time if I am not working out.
6. 0 I enjoy seeing my team everyday
1 I enjoy seeing my team but not everyday
2 I wish I did not have to see my team as often
3 I do not like my team and do not want to be apart of the team anymore
7. 0 I do not feel disappointed in myself when I do not perform well
1 I am disappointed in myself when I do not perform well
2 I am disgusted with myself when I do not perform well
3 I hate myself when I do not perform well

8. 0 I do not feel any worse than anybody else
1 I am critical of myself for my weaknesses or mistakes.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.
9. 0 I do not have thoughts of killing myself
1 I have thoughts of killing myself, but I would not carry them out.
2 I would like to kill myself.
3 I would kill myself if I had the chance.
10. 0 I don't cry any more than usual.
1 I cry more now than I used to.
2 I cry all the time now.
3 I used to be able to cry, but now I can't cry even though I want to
11. 0 I am no more irritated by things than I ever was.
1 I am slightly more irritated now than usual.
2 I am quite annoyed or irritated a good deal of the time.
3 I feel irritated all the time.
12. 0 I have not lost interest in playing or watching my sport
1 I am less interested in playing or watching my sport than I used to be.
2 I have lost most of my interest in playing or watching my sport
3 I have lost all of my interest in playing or watching my sport
13. 0 I make decisions on the court or field about as well as I ever could.
1 I put off making decisions on the court or field more than I used to.
2 I have greater difficulty in making decisions on the court or field.
3 I can not make decisions on the court or field anymore
14. 0 I feel that I perform at the same level or better in my sport
1 I am worried that I am not performing as well
2 I am insecure about my teammates being better than me which affects my performance negatively.
3 I believe that I am terrible at my sport
15. 0 I can put in the same amount of effort into my sport as before
1 I have to push myself very hard for me to put in effort into my sport
2 I need my coach to motivate me to put in effort.
3 I refuse/ can not put in effort into my sport anymore. I am burnt out.

16. 0 I can sleep as well as usual
1 I don't sleep as well as I used to.
2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
3 I wake up several hours earlier than I used to and cannot get back to sleep.
17. 0 I don't get more tired playing my sport than usual.
1 I get tired more easily playing my sport than I used to.
2 I get tired from doing almost anything involving my sport
3 I am too tired to play my sport
18. 0 My appetite is no worse than usual.
1 My appetite is not as good as it used to be.
2 My appetite is much worse now.
3 I have no appetite at all anymore
19. 0 My weight has stayed fairly consistent
1 I have lost at most 5 lbs
2 I have lost at most 10 lbs
3 I have lost at most 15lbs
20. 0 I am no more worried about my health than usual.
1 I am worried about physical problems like aches, pains, upset stomach, or constipation.
2 I am very worried about physical problems and it's hard to think of much else
3 I am so worried about my physical problems that I cannot think of anything else.
21. 0 I look forward to competing in my sport in practice or game.
1 I do not feel a way about competing in my sport in practice or game.
2 I have less interest than before in competing in my sport in practice or game.
3 I do not look forward to competing in my sport in practice or game.

SCORING

Now that you have completed the questionnaire, add up the score for each of the twenty-one questions by counting the number to the right of each question you marked. The highest possible total for the whole test would be sixty-three. This would mean you circled number three on all twenty-one questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. This would mean you circled zero on each question. You can evaluate your depression according to the Table below.

0-10: normal level of distress

21- 30: Moderate depression

11-16: Mild level of distress

31- 40: Severe depression

17- 20: Borderline clinical depression

Over 40: Severe depression

TOTAL SCORE _____

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