



Deenz Persistent Depressive Scale (DPDS) Questionnaire

Instructions

Deenz Persistent Depressive Scale (DPDS) contains 30 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I find it hard to remember a time when I felt genuinely happy.	☐	☐	☐	☐	☐
2	I often get irritated, even over small things.	☐	☐	☐	☐	☐
3	I often feel tired, no matter how much I rest.	☐	☐	☐	☐	☐
4	I no longer enjoy hobbies or activities I used to love.	☐	☐	☐	☐	☐
5	I find it hard to maintain close relationships.	☐	☐	☐	☐	☐
6	I often blame myself, even for small mistakes.	☐	☐	☐	☐	☐
7	I often feel hopeless about the future.	☐	☐	☐	☐	☐
8	I find it difficult to find motivation to do things, even daily tasks.	☐	☐	☐	☐	☐
9	I find myself withdrawing from social activities and avoiding people.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
10	I often feel guilty, even without any reason to feel that way.	☐	☐	☐	☐	☐
11	I have experienced a noticeable change in my eating habits or weight.	☐	☐	☐	☐	☐
12	I struggle to focus on tasks.	☐	☐	☐	☐	☐
13	I have difficulty falling asleep or staying asleep at night.	☐	☐	☐	☐	☐
14	I often feel overwhelmed by life's challenges.	☐	☐	☐	☐	☐
15	I often feel misunderstood by others.	☐	☐	☐	☐	☐
16	I stopped setting goals for myself.	☐	☐	☐	☐	☐
17	I frequently feel a sense of worthlessness.	☐	☐	☐	☐	☐
18	It is difficult for me to express my emotions to others.	☐	☐	☐	☐	☐
19	I often criticize myself, even when others praise or appreciate me.	☐	☐	☐	☐	☐
20	I feel like I'm just going through the motions in life.	☐	☐	☐	☐	☐
21	I lost interest in maintaining my physical appearance.	☐	☐	☐	☐	☐
22	I avoid seeking help or support because I feel unworthy of it.	☐	☐	☐	☐	☐
23	I struggle to find joy in the success of others.	☐	☐	☐	☐	☐
24	I am often preoccupied with negative thoughts about myself.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
25	I feel a constant sense of sadness or emptiness.	☐	☐	☐	☐	☐
26	I feel like I'm always waiting for something bad to happen.	☐	☐	☐	☐	☐
27	I feel like I'm a burden to others.	☐	☐	☐	☐	☐
28	I lost interest in romantic or sexual relationships.	☐	☐	☐	☐	☐
29	I am often indecisive, even about small, everyday choices.	☐	☐	☐	☐	☐
30	I struggle to find reasons to look forward to the future.	☐	☐	☐	☐	☐

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Persistent Sadness	1, 4, 20, 23, 25	5
Emotional Distress	2, 11, 13, 14	4
Motivation Deficit	3, 8, 12, 16, 21, 29	6
Social Withdrawal	5, 9, 15, 18, 28	5
Low Self-Worth	6, 10, 17, 19, 22, 24, 27	7
Hopelessness	7, 26, 30	3

Raw Score Ranges

Scale	Items	Possible Range
Persistent Sadness	5	0–20
Emotional Distress	4	0–16
Motivation Deficit	6	0–24
Social Withdrawal	5	0–20
Low Self-Worth	7	0–28
Hopelessness	3	0–12
Overall Score	30	0–120

Source

Dar, Deen Mohd. Development and Validation of the Deenz Persistent Depressive Disorder Scale (DPDDS-30).

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Interactive Version: [Deenz Persistent Depressive Scale \(DPDS\)](#)