# interRAI CA (IRRS): Calculating the Distressed Mood Scale Score

The Distressed Mood Scale is a self-reported measure of psychological well-being based on the frequency of indicators of dysphoria, anhedonia and anxiety. Scores range from 0 to 9, with higher scores representing poorer self-reported mood.

## Score calculation

The Distressed Mood Scale score is calculated by summing the codes for the 3 Self-Reported Mood (C5) items.

In the case where 1 of the 3 items has a code of 8 (i.e., the person would not or could not respond), the average of the remaining 2 items is calculated and used as the value of the third response.

If 2 or 3 of the items have a code of 8, the Distressed Mood Scale score is not calculated.

| interRAI CA Self-Reported Mood items ("In the last 3 days, how often have you felt . . .") | Code |
|---|---|
| C5a: Little interest or pleasure in things you normally enjoy? | 0, 1, 2 or 3 |
| C5b: Anxious, restless or uneasy? | 0, 1, 2 or 3 |
| C5c: Sad, depressed or hopeless? | 0, 1, 2 or 3 |
| Sum | 0 to 9 |

### Example 1

The vignette below is an example of a person whose Distressed Mood Scale score is 4 out of 9.

When asked about her self-reported mood, Ms. D stated that she has been feeling sad and depressed every day in the last 3 days. She also acknowledges often feeling uneasy and anxious but not in the last 3 days. She still enjoys doing crossword puzzles and watching television in her room.

| interRAI CA Self-Reported Mood items ("In the last 3 days, how often have you felt . . .") | Code |
|---|---|
| C5a: Little interest or pleasure in things you normally enjoy? | 0 |
| C5b: Anxious, restless or uneasy? | 1 |
| C5c: Sad, depressed or hopeless? | 3 |
| Sum | 4 |

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## Example 2

The vignette below is an example of a person whose Distressed Mood Scale score is 6 out of 9. 1 of the assessed items had been coded as an 8.

When asked about her self-reported mood, Ms. D stated that she has been feeling sad and depressed every day in the last 3 days. She also acknowledges often feeling uneasy and anxious but not in the last 3 days. She refused to respond when asked about whether she has little interest or pleasure in things she normally enjoys.

In this example, for C5a, the code of 8 (Person could not [would not] respond) transforms into a 2. This is done by adding the codes for C5b and C5c (1 + 3) and dividing by 2 to get the average.

| interRAI CA Self-Reported Mood items ("In the last 3 days, how often have you felt . . .") | Code |
|---|---|
| C5a: Little interest or pleasure in things you normally enjoy? | 8 (transforms into a 2) |
| C5b: Anxious, restless or uneasy? | 1 |
| C5c: Sad, depressed or hopeless? | 3 |
| Sum | 6 |

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