SHORT PAPER

A General View of Construct and Characteristics of Self-evaluation Depression Scale in Japan

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ABSTRACT

The number of patients suffering from mental disorders such as depression has been increasing. The statistical data shows that more than 30,000 people commit suicide every year in Japan and that depression is seemed to be the most influential factor. The call for accurate evaluation of depression would be growing in occupational health, school health and other public health field. In this paper, the construct and the characteristics of the following scales are reviewed: Zung Self-rating Depression Scale (SDS), Beck Depression Inventory (BDI), General Health Questionnaire (GHQ), and Center for Epidemiologic Studies Depression Scale (CES-D). As a result, understanding of difference in depressive symptoms of each scale and careful examination of the subject are implied. Frequent update of fundamental data for evaluation and examination, and accommodating scales to subjects’ situations are also seemed to be in need.

<Key-words>

mental disorder, psychology, depression, stress, self-evaluation scale

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