

## BSRS-5, Brief Symptom Rating Scale

Please recall back how have you been recently in the past week (today included). Based on the following statements, to what degree you did feel depressed or annoyed based on the following questions?

	Not at all	a little bit	moderately	quite a bit	extremely
1. feel tense or high-strung	0	1	2	3	4
2. feel easily annoyed or irritated	0	1	2	3	4
3. feel depressed or in a low mood	0	1	2	3	4
4. feel inferior to others	0	1	2	3	4
5. have trouble falling asleep, easily waking up early	0	1	2	3	4
* have suicidal ideation	0	1	2	3	4

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The BSRS-5 contains five items of psychological symptoms and is commonly used for screening psychological disorders and is available in Taiwan with excellent validity and reliability. For suicide prevention, the Taiwan BSRS-5 adds the sixth additional item that directly asks the subject about the urge of suicide attempts. The BSRS-5 is a 5-item, self-administered questionnaire that is derived from the 50-item brief symptom rating scale, which measures anxiety (feeling tense or high-strung), depression (feeling depressed or in a low mood), hostility (feeling easily annoyed or irritated), interpersonal sensitivity (feeling inferior to others), and additional symptoms (having trouble falling asleep in the past week). The score for each item ranges from 0 to 4 (0, not at all; 1, a little bit; 2, moderately; 3, quite a bit; and 4, extremely). A total score on the BSRS-5 above 14, or a score of more than 1 on the additional suicide survey item, may indicate a severe mood disorder. Scores between 10 and 14 may indicate moderate mood disorders, and those between 6 and 9 could indicate mild mood disorders. According to the study by Chen HC et al. 2005, the optimal cutoff point of normal/psychological symptom was 5/6. So the subjects with BSRS-5 scores lower than 5 were considered to be normal .

(reference: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3199547/>)