Sheehan Disability Scale (SDS) - Overview

The Sheehan Disability Scale (SDS) was developed to assess functional impairment in three inter-related domains; work/school, social and family life. It is used by researchers and practicing clinicians.

Clinical Utility

- The SDS is a brief self-report tool.
- The patient rates the extent to which work/school, social life and home life or family responsibilities are impaired by his or her symptoms on a 10 point visual analog scale.
- This 10 point visual analog scale uses spatiovisual, numeric and verbal descriptive anchors simultaneously to assess disability.
- The author indicates that this range of anchor options addresses the various ways that individuals approach rating a continuum.

Scoring[1]

- The numerical ratings of 0-10 can be translated into a percentage, if desired.
- The 3 items can also be summed into a single dimensional measure of global functional impairment that rages from 0 (unimpaired) to 30 (highly impaired).
- There is no recommended cutoff score; however, change-over-time in scores will be of interest to clinicians in monitoring response to treatment
- It is recommended that clinicians pay special attention to patients who score 5 or greater on any of the three scales, because such high scores are associated with significant functional impairment.

Psychometric Properties

The following sensitivity and specificity is for patients with any of the following six mental disorders (alcohol dependence, drug dependence, general anxiety disorder, major depressive disorder, obsessive compulsive disorder and panic disorder).[1]

Sensitivity   83%
Specificity   69%

1. Rush JA, et al. Handbook of Psychiatric Measures, 2000 American Psychiatric Association, 113-115.

Sheehan Disability Scale

A brief, patient rated, measure of disability and impairment.

Please mark ONE circle for each scale.

WORK* / SCHOOL

The symptoms have disrupted your work / school work:

Not at all	Mildly	Moderately	Marketdly	Extremely

0 ← 1 2 3 4 5 6 7 8 9 → 10

☐ I have not worked / studied at all during the past week for reasons unrealted to the disorder.
  * Work includes paid, unpaid volunteer work or training

SOCIAL LIFE

The symptoms have disrupted your social life / leisure activities:

Not at all	Mildly	Moderately	Marketdly	Extremely

0 ← 1 2 3 4 5 6 7 8 9 → 10

FAMILY LIFE / HOME RESPONSIBILITIES

The symptoms have disrupted your family life / home responsibilities:

Not at all	Mildly	Moderately	Marketdly	Extremely

0 ← 1 2 3 4 5 6 7 8 9 → 10

Days Lost

On how many days in the last week did your symptoms cause you to miss school
or work or leave you unable to carry out your normal daily responsibilities?   _____

Days Unproductive

On how many days in the last week did you feel so impaired by your symptoms,
that even though you went to school or work, your productivity was reduced?   _____