

## MDS Alert

### Clip 'N Save: SIGECAPS Screening Tool For Depression

Nursing staff can use this tool to screen residents for depression or dysthymia.

**S**leep increase/decrease

**I**nterest in formerly compelling or pleasurable activities diminished

**G**uilt, low self esteem

**E**nergy poor

**C**oncentration poor

**A**ppetite increase/decrease

**P**sychomotor agitation or retardation

**S**uicidal ideation

A depressed mood or interest + 4 SIGECAPS for two or more weeks suggests major depression.

A depressed mood or interest + 3 SIGECAPS most days for two or more years suggests dysthymia.

**Note:** The above tool should be used only to flag residents who need more in-depth assessment by a qualified practitioner -- ideally, a clinical social worker, psychologist, psychiatrist, or psychiatric mental health clinical nurse specialist.