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# VALIDATION AND NORM DEVELOPMENT OF SIDDIQUI-SHAH DEPRESSION SCALE (SSDS)

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The research aims at validation and norm development of Siddiqui Shah Depression Scale (SSDS; Siddiqui & Shah, 1992). A sample of 69 depressed patients was selected from seven major cities of Pakistan diagnosed by the concerned psychiatrist on the basis of a Psychiatrist Assessment Form to determine the depth of depression. All the Ss were administered SSDS, and Mood-Rating Scale (MRS). A matched group of 69 normal Ss was selected from the general population for comparative purpose. The results showed significant differences between the two groups. Furthermore SSDS showed significant correlations with MRS, and Psychiatrist's Assessment respectively, demonstrating both concurrent and construct validity. Different cut-off points were determined for mild depression, moderate depression, and severe depression. At each cut-off point Sensitivity, Specificity, PPP, and PPN values were calculated. Principle Component Analysis proved SSDS as predominantly one factor scale. Reliability values of the scale were also significant. On the whole, the data yields adequate evidence of the psychometric properties of SSDS.

Depression is an affect state as well as a clinical syndrome. It can range from a normal and short living episode to severe, prolonged, and disabling episodes requiring hospitalization. A mental state of depressed mood is characterized by feelings of sadness, despair, and discouragement. Depression ranges from normal feelings of "the blues" through dysthemia to major depression. It in many ways resembles the grief and mourning that follow bereavement; there are often feelings of low self-esteem, guilt, and self-reproach, withdrawal from interpersonal contact, and somatic symptoms such as eating and sleep disturbance (Clayman, 1989). People who undergo one or more major depressive episodes, with no intervening manic episodes are said to have *Major Depression.* Criteria for Major Depressive Disorder, according to DSM-IV-R (1994) includes the presence of at least five of the following symptoms during the same period for most of the day. The symptoms include depressed mood, markedly diminished interest or pleasure in almost all activities, significant weight loss/gain, insomnia/hypersomnia, psychomotor agitation/retardation, fatigue (loss of energy), feelings of worthlessness (guilt), impaired concentration (indecisiveness), and recurrent thoughts of death or suicide. These symptoms should be present for most of the time in a day and at least depressed mood or loss of interest or pleasure must be present. All symptoms should last for at least 2 weeks.

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