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.

Scoring¹

- 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

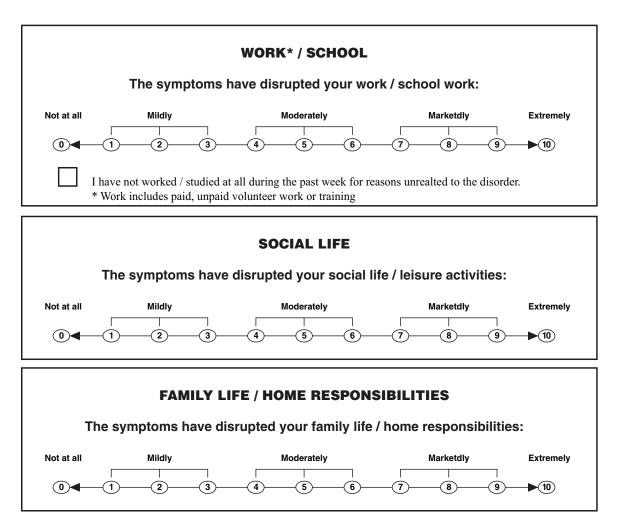
The following sensitivity and specificity is for patients with any of the following six mental disorders (alcohol dependence, drug dependence, general anxiety disorder, major depressive disorder, obsessive compulsive disorder and panic disorder).¹

Sensitivity	83%
Specificity	69%

Sheehan Disability Scale

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

Please mark ONE circle for each scale.



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?