

Apathy, Depression and Anhedonia Measure (ADAM)

- ▶ Age: Click or tap here to enter text.
 - ▶ Gender: Choose an item.
 - ▶ What is the highest level of education you have completed? Choose an item.
 - ▶ If none of the options in the previous question apply to you, please enter the number of years of formal education you have received: Click or tap here to enter text.
 - ▶ Are you currently taking any antidepressants? Choose an item.
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Which option best describes you over the last two weeks, including today?

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
1 I don't like to laze around.	☐ 0	☐ 1	☐ 2	☐ 3
2 I start conversations with random people.	☐ 0	☐ 1	☐ 2	☐ 3
3 I feel bad when I hear an acquaintance has an accident or illness.	☐ 0	☐ 1	☐ 2	☐ 3
4 I would enjoy my favourite television or radio programme.	☐ 0	☐ 1	☐ 2	☐ 3
5 I would enjoy seeing other people's smiling faces.	☐ 0	☐ 1	☐ 2	☐ 3
6 I would find pleasure in the scent of flowers, the smell of a fresh sea breeze, or freshly baked bread.	☐ 0	☐ 1	☐ 2	☐ 3
7 I feel guilty regarding most aspects of my life.	☐ 3	☐ 2	☐ 1	☐ 0
8 I have lost all interest in sexual activity.	☐ 3	☐ 2	☐ 1	☐ 0

Please read the following two groups of statements carefully and then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today.

9. Sadness

- ☐ 0 I do not feel sad
- ☐ 1 I feel sad occasionally
- ☐ 2 I feel sad constantly
- ☐ 3 I feel so sad that it's unbearable

10. Crying

- ☐ 0 I cry no more than I used to
- ☐ 1 I cry more frequently than I used to
- ☐ 2 I find myself crying in response to even minor things
- ☐ 3 I feel the urge to cry but am unable to cry

Scoring: each item is scored 0–3; items 7 and 8 are reverse-scored. The ADAM total ranges from 0 to 30, with higher scores indicating more severe symptoms. Item order and scoring match the self-report version, allowing direct self-report vs. informant comparison.

Source: Zhao S, Ye R, Sen A, Li M, Karataş KF, Lockwood P, Ang Y-S, Scholl J, Little SJ, Harmer C, He K, Li Q, Wang K, Apps MAJ, Manohar SG, Husain M. 2026. On the relationships between apathy, depression and anhedonia. *Journal of Neurology, Neurosurgery, Psychiatry* 0:1–11. DOI: <https://doi.org/10.1136/jnnp-2025-337245>