Instrument Title: The Depressive Life Experiences Scale (DLES)
Instrument Author: Snell, W. E., Jr., Belk, S. S., & Hawkins, R. C. II
The Depressive Life Experiences Scale (DLES) consists of six subscales (the items are listed below). The article by Snell, Hawkins, and Belk (1990) describes on page 607 how to derive scores for the DLES. Three types of scores may be computed for each subscale: (a) "frequency" scores, (b) "depressive intensity" scores, and (c) overall "impact" scores. The "frequency" scores are computed by summing the "frequency" responses of the items assigned to each respective subscale. The "depressive intensity" scores are computed by summing the "depressive intensity" responses of the items assigned to each respective subscale (subscale items are first recoded). The "depressive intensity" scores are also multiplied together to create an overall "impact score" for each of the six subscales (i.e., frequency scores X intensity scores = impact scores). In summary, each subscale were summed to create six (6) separate intensity measures. In addition, the depressive intensity ratings for the items on each subscale were scored so as to create a frequency, an intensity, and an impact score. Higher scores on these measures corresponded to (1) greater frequency of the depressive experiences, (2) more intense depressive distress, and (3) a more severe overall impact, respectively.
The "impact" score for each subscale is computed by first multiplying the "frequency" score (i.e., how often the event occurred) by the "depressive intensity" score (i.e., "not at all depressed" to "extremely depressed") for each item on a subscale and then summing these resulting products.

1. The Social Exit Subscale: 3, 4, 14, 15, 17, and 30.
2. The Interpersonal Disharmony Subscale: 1, 7, 9, 11, 12, and 19.
3. The Personal Inertia Subscale: 13, 29, 36, 37, 40, 43, and 47.
4. The Personal Frustrations Subscale: 20, 27, 34, 35, and 44.
5. The Personal Inadequacies Subscale: 21, 22, 23, 24, 26, and 45.
6. The Others' Misfortunes Subscale: 31, 32, 38, 39, 41, and 42.