

## Center for Epidemiologic Studies Depression Scale (CES-D)

Date: \_\_\_\_\_

Below is a list of some of the ways you may have felt or behaved. Please indicate how often you've felt this way during the **past week**. Respond to all items.

<b>Place a check mark (✓) in the appropriate column.</b>	<b>Rarely or none of the time (less than 1 day)</b>	<b>Some or a little of the time (1-2 days)</b>	<b>Occasionally or a moderate amount of time (3-4 days)</b>	<b>All of the time (5-7 days)</b>
<b>During the past week...</b>				
1. I was bothered by things that usually don't bother me.				
2. I did not feel like eating; my appetite was poor.				
3. I felt that I could not shake off the blues even with help from my family.				
4. I felt that I was just as good as other people.				
5. I had trouble keeping my mind on what I was doing.				
6. I felt depressed.				
7. I felt that everything I did was an effort.				
8. I felt hopeful about the future.				
9. I thought my life had been a failure.				
10. I felt fearful.				
11. My sleep was restless.				
12. I was happy.				
13. I talked less than usual.				
14. I felt lonely.				
15. People were unfriendly.				
16. I enjoyed life.				
17. I had crying spells.				
18. I felt sad.				
19. I felt that people disliked me.				
20. I could not "get going."				

Source: Radloff, L.S. (1977). The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1: 385-401.

## Scoring for Center for Epidemiologic Studies Depression Scale (CES-D)

Directions: Do not score if missing more than 4 responses. 1) For each item, look up your response and corresponding score (0-3). 2) Fill in the score for each item under the last column labeled "Score." 3) Calculate your Total Score by adding up all 20 scores.

During the past week...	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	All of the time (5-7 days)	Score
1. I was bothered by things that usually don't bother me.	0	1	2	3	
2. I did not feel like eating; my appetite was poor.	0	1	2	3	
3. I felt that I could not shake off the blues even with help from my family.	0	1	2	3	
4. I felt that I was just as good as other people.	3	2	1	0	
5. I had trouble keeping my mind on what I was doing.	0	1	2	3	
6. I felt depressed.	0	1	2	3	
7. I felt that everything I did was an effort.	0	1	2	3	
8. I felt hopeful about the future.	3	2	1	0	
9. I thought my life had been a failure.	0	1	2	3	
10. I felt fearful.	0	1	2	3	
11. My sleep was restless.	0	1	2	3	
12. I was happy.	3	2	1	0	
13. I talked less than usual.	0	1	2	3	
14. I felt lonely.	0	1	2	3	
15. People were unfriendly.	0	1	2	3	
16. I enjoyed life.	3	2	1	0	
17. I had crying spells.	0	1	2	3	
18. I felt sad.	0	1	2	3	
19. I felt that people disliked me.	0	1	2	3	
20. I could not "get going."	0	1	2	3	
<b>Total Score:</b>					

**Scoring Results:** Total Score of 16 or higher is considered depressed. If your score indicates depression, see a health care/mental health professional for further evaluation and treatment. Bring these test results to your appointment.