Center for Epidemiologic Studies Depression Scale (CES-D)

Name:	Date:

Below is a list of some ways you may have felt or behaved. Please indicate how often you have felt this way during the last week by checking the appropriate space. Please only provide one answer to each question.

1. I was bothered by things that usually don't bother me.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

2. I did not feel like eating; my appetite was poor.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

3. I felt that I could not shake off the blues even with help from my family or friends.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

4. I felt I was just as good as other people.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

5. I had trouble keeping my mind on what I was doing.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

6. I felt depressed.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

7. I felt like everything I did was an effort.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

8. I felt hopeful about the future.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

9. I thought my life had been a failure.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

10. I felt fearful.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

11. My sleep was restless.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

12. I was happy.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

13. I talked less than usual.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

14. I felt lonely.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

15. People were unfriendly.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

16. I enjoyed life.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

17. I had crying spells.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

18. I felt sad.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

19. I felt that people disliked me.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

20. I could not get going.

- ○ 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 the time (3-4 days)
- ○ Most or all of the time (5-7 days)

Total Score:

Scoring Guide:

Items	Rarely	Some	Occasionally	Most
4, 8, 12, and 16	3	2	1	0
All other items	0	1	2	3

The score is the sum of all items, and the maximum score is 60. If they score 16 points or more, it's safe to consider them depressed.

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