



CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION SCALE

Below is a list of some of the ways you may have felt or behaved. Please indicate how often you have felt this way during the **past week**: (*circle one number on each line*)

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)	Most or all of the time (5-7 days)
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 or friends	0	1	2	3
4) I felt that I was just as good as other people	0	1	2	3
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	0	1	2	3
9) I thought that my life had been a failure	0	1	2	3
10) I felt tearful	0	1	2	3
11) My sleep was restless	0	1	2	3

12) I was happy	0	1	2	3
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	0	1	2	3
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

SCORING

Item Weights	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)	All of the time (5-7 days)
Items 4, 8, 12 & 12	3	2	1	0
All other items	0	1	2	3

The score is the sum of the 20 item weights. If more than 4 items are missing, do not score the scale.

A score of 16 or greater is considered depressed.

Radloff LS, The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1, 1977, pp. 385-401.