

Depression Screening

Center for Epidemiologic Studies Depression (CES-D)

Scale Description:

The following scale was developed by the Center for Epidemiologic Studies (Radlof, 1977). The scale has been found reliable (Alpha>.85) in previous research (Hann et. al., 1999). A Spanish version of this scale is also available.

Scale items:

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.

	During the past week:	Rarely or none of the time (less than 1 day)	Some or a <i>little</i> 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.				
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 or friends.				
4.	I felt 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.				

Scoring:	Rarely (Less than 1 day)	Some (1-2 days)	Occasionally (3-4 days)	Most (5-7 days)
Questions 4, 8, 12, and 16	3	2	1	0
All other questions	0	1	2	3

The score is the sum of the 20 questions. Possible range is 0-60. If more than four questions are missing answers, do not score the CES-D questionnaire. A score of 16 points or more is considered depressed.

References:

- Hann, D., Winter, K., & Jacobsen, P. (1999) Measurement of depressive symptoms in cancer patients. Evaluation of the Center for Epidemiological Studies Depression Scale (CES-D). *Journal of Psychosomatic Research*, 46, 437-443.
- 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.