

CENTER FOR EPIDEMIOLOGIC STUDIES—DEPRESSION SCALE				
Name			Date	
Mark with an X against each statement which best describes how often you felt or behaved this way –				
	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)
During the past week:				
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 and friends				
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"				

The CES-D is a freely available and widely used 20 item **self-report scale** which measures the current level of depressive symptomatology in the general population, with an emphasis on depressed mood during the past week.

<http://www.chcr.brown.edu/pcoc/cesdscale.pdf>

Please note: Only a qualified and duly registered medical practitioner or psychologist can make a diagnosis regarding depression.

CENTER FOR EPIDEMIOLOGIC STUDIES—DEPRESSION SCALE (Scoring)				
Name	Date			
	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)
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 and 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 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	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
Positive (+)				
Negative (-)				
Totals				
Grand Total				

Scores range from 0 to 60, with higher scores indicating more symptoms of depression. CESD scores of 16 to 26 are considered indicative of mild depression and scores of 27 or more indicative of major depression.

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