

Center for Epidemiologic Studies Depression Scale (CESD)

Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

- 1 = Rarely or None of the Time (Less than 1 Day)
- 2 = Some or a Little of the Time (1-2 Days)
- 3 = Occasionally or a Moderate Amount of Time (3-4 Days)
- 4 = Most or All of the Time (5-7 Days)

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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I did not feel like eating; my appetite was poor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I felt that I could not shake off the blues even with help from my family or friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I felt that I was just as good as other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I had trouble keeping my mind on what I was doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I felt depressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I felt that everything I did was an effort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I felt hopeful about the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I thought my life had been a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I felt fearful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. My sleep was restless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I was happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I talked less than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I felt lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. People were unfriendly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I enjoyed life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I had crying spells.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I felt sad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I felt that people dislike me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I could not get "going".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Center for Epidemiologic Studies Depression Scale Revised
(CESD-R-20)**

About: This scale is a self-report measure of depression. Questions measure 8 different subscales, including:

- Sadness (Dysphoria):* (Q. 2, 4, 6),
- Loss of Interest (Anhedonia):* (Q. 8, 10),
- Appetite:* (Q. 1, 18), *Sleep:* (Q. 5, 11, 19),
- Thinking / concentration:* (Q. 3, 20),
- Guilt (Worthlessness):* (Q. 9, 17),
- Tired (Fatigue):* (Q. 7, 16),
- Movement (Agitation):* (Q. 12, 13),
- Suicidal Ideation:* (Q. 14, 15)

Scoring:

	Not at all or less than one day = 0	1-2 days = 1	3-4 days = 2	5-7 days = 3	Nearly every day for 2 weeks = 4
Questions 4, 8, 12, & 16	4	3	2	1	0
All other Questions	0	1	2	3	4

The total score is calculated by finding the sum of 20 items. Scores range from 0-60. A score equal to or above 16 indicates a person at risk for clinical depression.

Important: Please note that this self-assessment tool is for reference and screening purpose only, it is not for diagnostic purpose.