

### Appendix 3 -- Center for Epidemiologic Studies of Depression Scale (CES-D)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE \_\_\_\_\_

WING \_\_\_\_\_ ROOM \_\_\_\_\_ PHYSICIAN \_\_\_\_\_ ASSESSER \_\_\_\_\_

**INSTRUCTIONS FOR QUESTIONS:** 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.

**Score:**    **0 = Rarely or none of the time (less than 1 day)**                      **1 = Some or little of the time (1-2 days)**  
                  **2 = Occasionally or a moderate amount of time (3-4 days)**                **3 = 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 or 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 dislike me.
- \_\_\_\_\_ 20.       I could not get "going."

Although not designed for clinical diagnosis, the CES-D scale is based on symptoms of depression as seen in clinical cases. Seventy percent of patients with known depressions, but only 21 percent of the general population scored at or above an arbitrary cutoff score of 16.

Adapted from: Radloff LS. The CES-D scale: A self-report depression scale for research in the general population. Applied Psychological Measurement 1977 (Summer); 1:385-401.