Below is a list of some of the ways you may have felt or behaved. Please indicate how often you've felt this way during the past week. Respond to all items.

Place a check mark in the appropriate column. During the past week...

1. I was bothered by things that usually don't bother me.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)
\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I did not feel like eating; my appetite was poor.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt that I could not shake off the blues even with help from my family.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt that I was just as good as other people.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I had trouble keeping my mind on what I was doing.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt depressed.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt that everything I did was an effort.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt hopeful about the future.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I thought my life had been a failure.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt fearful.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. My sleep was restless.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I was happy.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I talked less than usual.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt lonely.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. People were unfriendly.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I enjoyed life.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I had crying spells.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt sad.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I felt that people disliked me.

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

1. I could not "get going."

\_ 0. Rarely or none of the time (less than 1 day)

\_ 1. Some or a little of the time (1-2 days)

\_ 2. Occasionally or a moderate amount of time (3-4 days)

\_ 3. All of the time (5-7 days)

Notes:

In scoring the CES-D, a value of 0, 1, 2 or 3 is assigned to a response depending upon whether the item is worded positively or negatively.

For items 1-3, 5-7, 9-11, 13-15, 17-20 the scoring is:

* Rarely or none of the time (less than one day) = 0
* Some or a little of the time (1-2 days) = 1
* Occasionally or a moderate amount of time (3-4 days) = 2
* Most or all of the time (5-7 days) = 3

Items 4, 8, 12, 16 are reverse scored as follows:

* Most or all of the time (5-7 days) = 0
* Occasionally or a moderate amount of time (3-4 days) = 1
* Some or a little of the time (1-2 days) = 2
* Rarely or none of the time (less than 1 day) = 3

Sum the scores AFTER reverse scoring items 4,8,12,16. Possible range of scores is 0 to 60, with higher scores indicating the presence of more depressive symptomatology.

References:

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

Noh, S., Avison, W. R., & Kasper, V. (1992). Depressive symptoms among Korean immigrants: Assessment of a Translation of the Center for Epidemiologic Studies-Depression Scale. Psychological Assessment, 4(1), 84- 91.