

CHARIS COUNSELING ASSOCIATES

Center for Epidemiologic Studies Depression Scale (CES-D), NIMH

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

**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 Most or all of the time (5-7 days)

**2. 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 Most or all of the time (5-7 days)

**3. I felt that I could not shake off the blues even with help from my family or friends.**

- 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 Most or all of the time (5-7 days)

**4. I felt I was just as good as other people.**

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

**5. 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 Most or all of the time (5-7 days)

**6. 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 Most or all of the time (5-7 days)

**7. 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 Most or all of the time (5-7 days)

**8. I felt hopeful about the future.**

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

**9. 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 Most or all of the time (5-7 days)

**10. 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 Most or all of the time (5-7 days)

**11. 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 Most or all of the time (5-7 days)

**12. I was happy.**

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

**13. 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 Most or all of the time (5-7 days)

**14. 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 Most or all of the time (5-7 days)

**15. 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 Most or all of the time (5-7 days)

**16. I enjoyed life.**

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

**17. 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 Most or all of the time (5-7 days)

**18. 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 Most or all of the time (5-7 days)

**19. I felt that people dislike 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 Most or all of the time (5-7 days)

**20. 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 Most or all of the time (5-7 days)

*SCORING: Add up your scores. Higher scores indicate more symptoms, 16 or greater is considered depressed. Intended for educational purposes only and is not a diagnosis or healthcare recommendation. Reference: Radloff L.S. (1977). The CES-D scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1, 385-401. Public Domain.*