



STANFORD
PATIENT EDUCATION
RESEARCH CENTER

Center for Epidemiologic Studies Depression Scale (CES-D)

Below is a list of some of the ways you may have felt or behaved. Please indicate how often you have felt this way during the **past week**: (*circle one number on each line*)

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)	All of the time (5-7days)
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.....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 doing0	1	2	3	
6. I felt depressed0	1	2	3	
7. I felt that everything I did was an effort0	1	2	3	
8. I felt hopeful about the future0	1	2	3	
9. I thought my life had been a failure.....0	1	2	3	
10. I felt fearful0	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 usual0	1	2	3	
14. I felt lonely.....0	1	2	3	
15. People were unfriendly0	1	2	3	

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)	All of the time (5-7days)
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

Scoring

Item Weights	Rarely or none of the time (less than 1 day)	Some of a little of the time (1-2 days)	Occasionally or a moderate amount of the time (3-4 days)	All of the time (5-7 days)
Items 4, 8, 12, & 16	3	2	1	0
All other items:	0	1	2	3

Score is the sum of the 20 item weights. If more than 4 items are missing, do not score the scale. A score of 16 or greater is considered depressed.

Characteristics

Tested on 175 subjects.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
20	1-53	16.2	10.9	.91	NA

Source of Psychometric Data

Stanford Arthritis Self-Management Study, 1996. Unpublished.

Comments

We are no longer using the CES-D in multiethnic studies because we have found that the norms for various ethnic groups differ. This scale is available in Spanish.

References

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

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