

Center for Epidemiologic Studies Depression Scale (CES-D)

The CES-D scale is a self-report tool designed to measure depressive symptoms in the general population. It is particularly used in epidemiology to identify the risk of depression.

Number of questions	20 questions
Estimated duration	3 minutes
Language	English
Original name	Center for Epidemiologic Studies Depression Scale
Target audience	Adults
Authors	Lenore Radloff (1977)
Category	Depression

Preview of the 20 questions

During the past week:

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

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)

During the past week:

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

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)

During the past week:

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

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)

During the past week:

I felt I was just as good as other people.

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)

During the past week:

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

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)

Scoring & interpretation

Each item is scored from 0 to 3 according to the frequency of the described symptoms during the previous week. The total score can range from 0 to 60, with high scores indicating a higher level of depressive symptoms.

Usage

This tool is not available on Mentaal. To access this questionnaire, please visit the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

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