

# Depression Screening Scale

**INSTRUCTIONS:** 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 last week by filling in the circle in the appropriate space. Please provide one answer to each question. Please note that the scoring for 17–20 is **opposite** from 1–16.

**HOW OFTEN YOU HAVE FELT THIS WAY IN THE PAST WEEK:**

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)

**DURING THE PAST WEEK:**

0      1      2      3

1. I was bothered by things that usually don't bother me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I did not feel like eating; my appetite was poor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I felt I could not shake off the blues even with help from my family or friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I had trouble keeping my mind on what I was doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I felt depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I felt that everything I did was an effort.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I thought my life had been a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I felt fearful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. My sleep was restless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I talked less than usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I felt lonely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. People were unfriendly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I had crying spells.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I felt sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I felt that people disliked me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I could not get going.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SCORING:** Add up the amount from questions 1–16.

**SUBTOTAL FOR 1–16:** \_\_\_\_

# Depression Screening Scale, Continued

**HOW OFTEN YOU HAVE FELT THIS WAY IN THE PAST WEEK:**

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)

**NOTE:** The scoring for 17–20 is **opposite** from 1–16.

**DURING THE PAST WEEK:**

3      2      1      0

17. I felt I was just as good as other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I felt hopeful about the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I was happy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I enjoyed life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SCORING:** Add up the amount from questions 17–20.

**SUBTOTAL FOR 17–20:** \_\_\_\_

**ADD LINES FOR SUBTOTAL 1–16 AND SUBTOTAL FOR 17–20,  
TO GET YOUR TOTAL SCORE.**

**SUBTOTAL SCORE 1–16:** \_\_\_\_\_

**SUBTOTAL SCORE 17–20:** \_\_\_\_\_

**TOTAL SCORE:** \_\_\_\_\_

The score is the sum of the 20 questions. Possible range is 0–60.  
A score of 16 points or more is considered depressed.

**NOTE:** This test is meant as a preliminary screening device and cannot provide a definitive diagnosis of your condition. It is important to have a thorough assessment with a trained professional in order to arrive at an appropriate treatment plan.

Adapted from the Center for Epidemiologic Studies Form. The scale was developed by the Center for Epidemiologic Studies (Radloff, 1977). The scale has been found reliable (Alpha > .85) in previous research (Hann et. al., 1999).

**REFERENCES:**

Hann, D., Winter, K., & Jacobsen, P. (1999). Measurement of depressive symptoms in cancer patients. Evaluation of the Center for Epidemiological Studies Depression Scale (CES-D). *Journal of Psychosomatic Research*, 46, 437–443.

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.