

FIGURE 1. The Center for Epidemiologic Studies Depression Scale

<p>Experts who treat and study depression use a wide variety of tests and rating systems to determine a person's level of depression. The Center for Epidemiologic Studies Depression Scale (CES-D) is one of the most common methods for allowing an individual to determine his or her depression quotient, because it is easy to understand, take, and score. This quick self-test measures a patient's depressive feelings and behaviors during the past week. The CES-D - developed by Lenore Radloff, while she was a researcher at the National Institute of Mental Health - is an effective, time-honored tool that has become a standard for identifying depression.</p>				
<p>For the following 20 items, please select the choice that best describes how you have felt over the past week:</p>	Rarely or none of the time (<1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of the time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me.				
2. I did not feel like eating; my appetite was poor.				
3. I felt that I could not shake off the blues even with the help from my family and friends.				
4. I felt that I was not as good as other people.				
5. I had trouble keeping my mind on what I was doing.				
6. I felt depressed.				
7. I felt that everything I did was an effort.				
8. I felt hopeless about the future.				
9. I thought my life had been a failure.				
10. I felt fearful.				
11. My sleep was restless.				
12. I was unhappy.				
13. I talked less than usual.				
14. I felt lonely.				
15. People were unfriendly.				
16. I did not enjoy life.				
17. I had crying spells.				
18. I felt sad.				
19. I felt that people disliked me.				
20. I could not get "going".				
<p>TO SCORE:</p> <p>Step 1: For each answer, assign the following value: <i>0-Rarely or none of the time (<1 day)</i> <i>1-Some or a little of the time (1-2 days)</i> <i>2-Occasionally or a moderate amount of the time (3-4 days)</i> <i>3-Most or all of the time (5-7 days)</i></p> <p>Step 2: Add the total scores and refer to this scale: <ul style="list-style-type: none"> ■ <i>If the score is 22 or higher, the patient may be suffering from a major depression.</i> ■ <i>If the score is 15 to 21, the patient may be suffering from mild to moderate depression.</i> ■ <i>If the score is below 15, this test does not indicate that the patient is depressed.</i> </p> <p><i>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.</i></p>				