

CES – DEPRESSION SCALE

Instructions: Circle the score (0, 1, 2 or 3) for each statement that best describes how often you felt this way 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 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	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 & friends	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 doing	0	1	2	3
6. I felt depressed	0	1	2	3
7. I felt that everything I did was an effort	0	1	2	3
8. I felt helpful about the future	0	1	2	3
9. I felt my life had been a failure	0	1	2	3
10. I felt fearful	0	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 usual	0	1	2	3
14. I felt lonely	0	1	2	3
15. People were unfriendly	0	1	2	3
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 THE CES – DEPRESSION SCALE

The 20 item scale is reliable and valid self-report inventory that samples feelings of depression during the previous week.

Items 4, 8 and 16 are 'reverse items'; score these items as follows:

3 = 0

2 = 1

0 = 3

The total score is calculated by adding together the score for each item.

Range: 0 – 60

OUTCOMES:

0-9 Suggests that the individual is not depressed

10-15 Suggests mild depression

16-24 Suggests moderate depression

24 + Severe depression