CES-D

Name: _____ Date: _____

Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

#	Question	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)
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 help from my family or friends.	☐	☐	☐	☐
4	I felt I was just 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 hopeful about the future.	☐	☐	☐	☐
9	I thought my life had been a failure.	☐	☐	☐	☐
10	I felt fearful.	☐	☐	☐	☐
11	My sleep was restless.	☐	☐	☐	☐
12	I was happy.	☐	☐	☐	☐
13	I talked less than usual.	☐	☐	☐	☐
14	I felt lonely.	☐	☐	☐	☐
15	People were unfriendly.	☐	☐	☐	☐
16	I enjoyed life.	☐	☐	☐	☐
17	I had crying spells.	☐	☐	☐	☐
18	I felt sad.	☐	☐	☐	☐
19	I felt that people dislike me.	☐	☐	☐	☐
20	I could not get "going."	☐	☐	☐	☐

Total score: _____

Developed by Lenore S. Radloff at the National Institute of Mental Health (1977). The American Psychological Association identifies the CES-D as public domain.

How to score the CES-D

- Score each answer 0, 1, 2 or 3 from left to right.
- Items 4, 8, 12 and 16 are positively worded and reverse scored: 3, 2, 1, 0.
- Add the twenty scores for a total of 0–60.
- A total of 16 or more is the commonly used screening threshold; it is not a diagnosis or a severity grade.

A screening or self-report result is not a diagnosis. Developed by Lenore S. Radloff at the National Institute of Mental Health (1977). The American Psychological Association identifies the CES-D as public domain. Take it online with instant scoring at selfmora.com/ces-d.