

**Depression Screening**

(page 1 of 2)

CLIENT NAME: \_\_\_\_\_

CASE #: \_\_\_\_\_

**Depression**

**Center for Epidemiologic Studies Depression (CES-D)**

**Scale items:**

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 past week by checking (/) the appropriate space.

During the past week:	RARELY or NONE of the time	SOME or a LITTLE of the time	OCCASIONALLY or a MODERATE amount of the time	MOST or ALL of the time
	0-1 days	1-2 days	3-4 days	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.				
4. I felt that 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 disliked me.				
20. I could not get "going."				

# Depression Screening

(page 2 of 2)

CLIENT NAME: \_\_\_\_\_

CASE/CLIENT DATA FORM (CDF) # \_\_\_\_\_

## References:

Hann, D., Winter, K., & Jacobsen, P. (1999). Measurement of depressive symptoms in cancer patients: Evaluation of the Center for Epidemiological Studies

(CES-D). Journal of Psychosomatic Research, 46, 437-443.

Radloff, L. S. (1997). The CES-D scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1, 385-401.

## Scoring:

Item weights:	RARELY or NONE of the time	SOME or a LITTLE of the time	OCCASIONAL Y or a MODERATE amount of the time	MOST or ALL of the time
	0-1 days	1-2 days	3-4 days	5-7 days
Items 4, 8, 12 and 16	3	2	1	0
All other items	0	1	2	3

Score is the sum of the 20 item weights. Possible range is 0-60. If more than four questions are missing answers, do not score the CES-D. A score of 16 or more is considered depressed.

---

Clinician Signature

Credentials

Date