

**CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION (CES-D) SCALE
(modified)**

The 20 statements below describe how people sometimes feel about themselves. Please answer all questions. THERE ARE NO RIGHT OR WRONG ANSWERS. Give your honest opinions and feelings. Please circle the number that indicates how often you have felt this way during the past week.

- 1 = Rarely or none of the time (less than once a week)
- 2 = Some or a little of the time (1-2 days a week)
- 3 = Occasionally or a moderate amount of time (3-4 days a week)
- 4 = Most or all of the time (5-7 days a week)

	Less than once a week	1-2 days a week	3-4 days a week	5-7 days a week
1. I was bothered by things that usually don't bother me.	1	2	3	4
2. I felt that everything I did was an effort.	1	2	3	4
3. I felt I was just as good as other people.	1	2	3	4
4. I had trouble keeping my mind on what I was doing.	1	2	3	4
5. I felt sad.	1	2	3	4
6. I felt fearful.	1	2	3	4
7. I felt lonely.	1	2	3	4
8. I had crying spells.	1	2	3	4
9. I talked less than usual.	1	2	3	4
10. My sleep was restless.	1	2	3	4
11. I enjoyed life.	1	2	3	4
12. I felt that I could not shake off the blues even with the help of my family/friends.	1	2	3	4
13. I thought my life had been a failure.	1	2	3	4
14. I was happy.	1	2	3	4
15. I could not get "going".	1	2	3	4
16. I felt hopeful about the future.	1	2	3	4
17. People were unfriendly to me.	1	2	3	4
18. I did not feel like eating; my appetite was poor.	1	2	3	4
19. I felt depressed.	1	2	3	4
20. I felt that people dislike me.	1	2	3	4