



STANFORD
PATIENT EDUCATION
RESEARCH CENTER

Center for Epidemiologic Studies Depression Scale (CES-D)

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**: (circle **one** number on each line)

During the past week...	Rarely or none of the time	Some or a little of the time	Occasionally or a moderate amount of time	All of the time
	(less than 1 day)	(1-2 days)	(3-4 days)	(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	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 hopeful about the future	0	1	2	3
9. I thought 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

Item Weights	Rarely or none of the time	Some or a little of the time	Occasionally or a moderate amount of the time	All of the time
	(< 1 day)	(1-2 days)	(3-4 days)	(5-7 days)
Items 4, 8, 12, & 16	3	2	1	0
All other items:	0	1	2	3

Score is the sum of the 20 item weights. If more than 4 items are missing, do not score the scale. A score of 16 or greater is considered depressed.

Characteristics

Tested on 175 subjects.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
20	1-53	16.2	10.9	.91	NA

Source of Psychometric Data

Stanford Arthritis Self-Management Study, 1996. Unpublished.

Comments

We are no longer using the CES-D in multiethnic studies because we have found that the norms for various ethnic groups differ. This scale is available in Spanish.

References

Radloff LS, The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1, 1977, pp.385-401.

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Source: AMDG Interagency Guideline on Opioid Dosing for Chronic Non-cancer Pain (2010 Update)