

## CES-D Depression Inventory

**INSTRUCTIONS:** For each statement, please circle the number in the column that best describes how you have been feeling *in 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 the help from family or friends.	0	1	2	3
4.	I felt that I was just as good as other people.	3	2	1	0
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.	3	2	1	0
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.	3	2	1	0
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.	3	2	1	0
17.	I had crying spells.	0	1	2	3
18.	I felt sad.	0	1	2	3
19.	I felt that people dislike me.	0	1	2	3
20.	I could not get "going".	0	1	2	3

**Anyone with suicidal urges should seek immediate consultation with a qualified psychiatrist or psychologist.**

After you have completed the test, add up your total score. It will be somewhere between 0 and 60. Use this key to interpret your score. Most people with depression score above a 16. Keep track of your mood changes by repeating this test in a week or so.

Add up your total score: \_\_\_\_\_ on Date: \_\_\_\_\_