

CES-D



Adult Focused



Item Count: 20 items



Completion Time: 10 min



Self-Report

General Info

The CED-S is a screening measure for a range of depressive symptoms, including depressed mood, feelings of guilt, worthlessness, and sleep difficulties.

The descriptive classifications are provided as a guideline. These results are not clinical diagnoses. Please see the provided resources for more information about the measure development.

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Center for Epidemiological Studies Depression Scale

Scores for this measure are created by adding each participant response for each subscale below. Participant responses are rated:

- 0 Rarely / None of the Time
- 1 Some or Little of the Time
- 2 Moderately or Most of the Time
- 3 Most or Almost All of the Time

Questions 4, 8, 12, and 16 are reverse scored and rated:

- 3 Rarely / None of the Time
- 2 Some or Little of the Time
- 1 Moderately or Most of the Time
- 0 Most or Almost All of the Time

Compare these scores to the symptom guide below:

Description	Score
No to Mild Symptoms	0-16
Moderate Symptoms	16-23
Severe Symptoms	24-60

For More Information

- Radloff, L. S. (1977). The CES-D scale: A self report depression scale for research in the general population. *Applied Psychological Measurements*, 1, 385-401.
- Lewinsohn, P.M., Seeley, J.R., Roberts, R.E., & Allen, N.B. (1997). Center for Epidemiological Studies-Depression Scale (CES-D) as a screening instrument for depression among community-residing older adults. *Psychology and Aging*, 12, 277- 287.