

## Center for Epidemiologic Studies Depression Scale (CES-D)

Center for Epidemiologic Studies Depression Scale (CES-D), NIMH		Rarely or none of the time (less than 1 day) (0)	Some or a little of the time (1-2 days) (1)	Occasionally or a moderate amount of time (3-4 days) (2)	Most or all of the time (5-7 days) (3)
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 or friends.				
4	I felt 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 dislike me.				
20	I could not get "going".				