Center for Epidemiologic Studies - Depression Scale
English Version (CES-D-E)

INSTRUCTIONS: Using the scale below, please select the statement which best describes how you felt or behaved DURING THE PAST WEEK.

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

DURING THE PAST WEEK:

1 I was bothered by things that usually don't bother me. .................................................. ☐
   Comments:________________________________________________________________________

2 I did not feel like eating; my appetite was poor. ............................................................ ☐
   Comments:________________________________________________________________________

3 I felt that I could not shake off the blues even with help from my family or friends. ........ ☐
   Comments:________________________________________________________________________

4 I felt that I was just as good as other people. ................................................................. ☐
   Comments:________________________________________________________________________

5 I had trouble keeping my mind on what I was doing. .................................................... ☐
   Comments:________________________________________________________________________

6 I felt depressed. .................................................................................................................. ☐
   Comments:________________________________________________________________________

7 I felt that everything I did was an effort. ........................................................................... ☐
   Comments:________________________________________________________________________

8 I felt hopeful about the future. ......................................................................................... ☐
   Comments:________________________________________________________________________
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<thead>
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<tbody>
<tr>
<td>9</td>
<td>I thought my life had been a failure.</td>
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<tr>
<td></td>
<td>Comments:</td>
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<tr>
<td>10</td>
<td>I felt fearful.</td>
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<td>Comments:</td>
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<td>11</td>
<td>My sleep was restless.</td>
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<td>Comments:</td>
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<tr>
<td>12</td>
<td>I was happy.</td>
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<td>Comments:</td>
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<td>13</td>
<td>I talked less than usual.</td>
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<td>Comments:</td>
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<tr>
<td>14</td>
<td>I felt lonely.</td>
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<td>Comments:</td>
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<tr>
<td>15</td>
<td>People were unfriendly.</td>
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<td>Comments:</td>
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<tr>
<td>16</td>
<td>I enjoyed life.</td>
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<td>Comments:</td>
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<td>17</td>
<td>I had crying spells.</td>
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<td>Comments:</td>
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<tr>
<td>18</td>
<td>I felt sad.</td>
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<td>Comments:</td>
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<tr>
<td>19</td>
<td>I felt that people dislike me.</td>
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<td>Comments:</td>
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<tr>
<td>20</td>
<td>I could not get &quot;going.&quot;</td>
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<td>Comments:</td>
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