



Individual & Group Psychotherapy

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Center for Epidemiologic Studies Depression Scale (CES-D)

Scoring Directions: Do not score if missing more than 4 responses. **1)** For each item, look up your response and corresponding score (0-3). **2)** Fill in the score for each item under the last column labeled "Score." **3)** Calculate your Total Score by adding up all 20 scores

During 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 time (3-4 days)	All of the time (5-7 days)	SCORE
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.	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 disliked me.	0	1	2	3	
20 I could not "get going"	0	1	2	3	
TOTAL SCORE					

Scoring Results: Total Score of 16 or higher is considered depressed. The higher the score the more severe the depression. If your score indicates depression, see a health care / mental health professional for further evaluation and treatment. Bring these test results to your appointment.