



UNC CFAR Social and Behavioral Science Research Core
SABI Database

INSTRUMENT TITLE: *Center for Epidemiologic Studies Depression Scale (CESD)*

SOURCE ARTICLE: Radloff, L. S. (1977). The CESD scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1(3), 385.

RESPONSE OPTIONS: 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 the time (3-4 days); 4 – Most or all of the time (5-7 days)

SCALE ITEMS:

Below is a list of some of the ways you may have felt or behaved. Please indicate how often you have felt this way during the past week by checking the appropriate space.

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|--|-------------------------------------|
| 1. I was bothered by things that usually don't bother me. | 14. I felt lonely. |
| 2. I did not feel like eating; my appetite was poor. | 15. People were unfriendly. |
| 3. I felt that I could not shake off the blues even with help from my family or friends. | 16. I enjoyed life. |
| 4. I felt that I was just as good as other people. | 17. I had crying spells. |
| 5. I had trouble keeping my mind on what I was doing. | 18. I felt sad. |
| 6. I felt depressed. | 19. I felt that people disliked me. |
| 7. I felt that everything I did was an effort. | 20. I could not get "going." |
| 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. | |

TERMS OF USE:

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

Radloff, L. S. (1977). The CES-D scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1(3), 385.

When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.