### CES DEPRESSION FORM

**ADMINISTRATIVE INFORMATION**

0a. Completion Date: [Month/Day/Year]

0b. Staff ID: [ ]

**Script:** "I would like to ask you some questions about your feelings, for example, how often you have felt happy or sad. For each question, please tell me how often you felt this way during the past week." (Hand participant the response card)

<table>
<thead>
<tr>
<th>During the past week…</th>
<th>Hardly ever or never (&lt; 1 day in the past week)</th>
<th>Some of the time (1-2 days in the past week)</th>
<th>Much or most of the time (3-7 days in the past week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) I did not feel like eating; my appetite was poor</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>2) I felt depressed</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>3) I felt everything I did was an effort</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>4) My sleep was restless</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>5) I was happy</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
</tr>
<tr>
<td>6) I felt lonely</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>7) People were unfriendly</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>8) I enjoyed life</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
</tr>
<tr>
<td>9) I felt sad</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>10) I felt that people disliked me</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>11) I could not get “going”</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>12) The future seemed hopeless to me.</td>
<td>[ ] 0</td>
<td>[ ] 1</td>
<td>[ ] 2</td>
</tr>
<tr>
<td>13) Sum of responses: _________</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INSTRUCTIONS FOR THE CES-D
DEPRESSION (CES) FORM

I. General Instructions
The Center for Epidemiologic Studies Depression (CES-D) Scale 11-item questionnaire was
developed to measure symptoms of depression in community populations. The items represent
the major components of depression and include depressed mood, somatic complaints and
interpersonal distress. One item assessing hopelessness has been added. Item #12 assesses
hopelessness and is not part of the CES-D depression scale.

II. Detailed Instructions for each Item
0a. Enter the date on which the participant was seen in the clinic.
0b. Enter the staff ID for the person who completed this form.

Read the opening script:
“I would like to ask you some questions about your feelings, for example, how often you
have felt happy or sad. For each question, please tell me how often you felt this way
during the past week. The choices are:

- Hardly ever or never (less than 1 day in the past week)
- Some of the time (1-2 days in the past week)
- Much or most or all of the time (3-7 days in the past week)

The number of days per week should be read to help the participant understand each of the
categories. In addition, hand motions to indicate the continuum from the low end of the scale to
the high end of the scale can be helpful.

Hand the participant the response card.

1-12. Interviewers should read the script exactly as it appears on the screen. Emphasis
should be placed on the time frame, during the PAST WEEK.

The interviewer may re-read the answer options if the participant has problems recalling
them or choosing a category. When asking these questions, interviewers should be
careful to not comment on respondent’s answers and to record answers in a non-
judgmental manner.
Hardly ever or never (less than 1 day in the past week)

Some of the time (1-2 days in the past week)

Much or most of the time (3-7 days in the past week)
Q. 1-12