

Center for Epidemiologic Studies Depression Scale (CESD)

Keywords:

Depression, Mental Health

Background:

The following scale was developed by the Center for Epidemiologic Studies (Radloff, 1977). This is a short, self-reporting scale intended for the general population. A Spanish version of the scale is also available.

Developer(s):

Lenore S. Radloff

Copyright:

Center for Epidemiologic Studies, National Institute of Mental Health; Publisher: West Publishing Company

Reliability:

Original study:

Internal consistency: Coefficient alpha (Spearman-Brown, split-halves)

General population = 0.85

Patient sample = 0.90 (Radloff, 1977)

See Radloff, 1977 for test-retest correlations

Later study (Cancer patients):

Internal consistency: Cronbach alpha

Healthy comparison group = 0.87

Patient sample = 0.89

Test-retest reliability:

Healthy comparison group = 0.51 ($p < 0.001$)

Patient sample = 0.57 ($p < 0.001$) (Hann et al., 1999)

For reliability data for a sample of adolescents and young adults, see Radloff, 1991.

Assessment:

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.

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 that 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 disliked me.
20. I could not get "going."

USE THE FOLLOWING RESPONSE ITEMS:

1. Rarely or none of the time (Less than 1 day)
2. Some of 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)

References:

- Hann, D., Winter, K., & Jacobsen, P. (1999). Measurement of depressive symptoms in cancer patients: Evaluation of the Center for Epidemiological Studies Depression Scale (CES-D). Journal of Psychosomatic Research, 46, 437-443.
- Radloff, L. S. (1977). The CES-D scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1, 385-401.
- Radloff, L.S. (1991). The Use of the Center for Epidemiologic Studies Depression Scale in Adolescents and Young Adults. Journal of Youth and Adolescence, 20(2), 149-166.

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