

Appendix 4

CES-D Major Depressive Disorder Scale

Circle the score (0,1,2 or 3) for each statement that best describes how often you felt this way during the past week.

	Rarely or none of the time (< 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
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 and friends	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 like 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
* Developed by Radloff, L.S. (1977). The CES-D scale: a self report Major Depressive Disorder scale for research in the general population. Applied Psychological Measurement, 1, 385-401.				