

CES-D Scoring

| | | Rarely or none of the time (<1 day) | Some or a little of the time (1-2 days) | Occasionally or a moderate amount of the 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 | 0 | 1 | 2 | 3 |
| 3 | I felt that I could not shake off the blues even with help from my family or friends | 0 | 1 | 2 | 3 |
| 4R | I felt that I was just as good as other people | 0 | 1 | 2 | 3 |
| 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 |
| 8R | I felt hopeful about the future | 0 | 1 | 2 | 3 |
| 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 |
| 12R | I was happy | 0 | 1 | 2 | 3 |
| 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 |
| 16R | I enjoyed life | 0 | 1 | 2 | 3 |
| 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 |