

Center of Epidemiologic Studies Depression Scale, 10-item version (CES-D-10)

(Andresen et al., 1994)

Instructions: 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 using the rating scale provided.

	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most of the time (5-7 days)
1. I was bothered by things that usually don't bother me.	0	1	2	3
2. I had trouble keeping my mind on what I was doing.	0	1	2	3
3. I felt depressed.	0	1	2	3
4. I felt that everything I did was an effort.	0	1	2	3
5. I felt hopeful about the future	0	1	2	3
6. I felt fearful.	0	1	2	3
7. My sleep was restless	0	1	2	3
8. I was happy	0	1	2	3
9. I felt lonely	0	1	2	3
10. I could not "get going."	0	1	2	3

Scoring: Items 5 and 8 are reverse coded. The total score is calculated by totaling all items scored after reversing the positive mood items. Possible range for scores is 0-30 with higher scores representing greater degrees of depressed mood.

Citation:

Andresen, E. M., Malmgren, J. A., Carter, W. B., & Patrick, D. L. (1994). Screening for depression in well older adults: evaluation of a short form of the CES-D (Center for Epidemiologic Studies Depression Scale). *American Journal of Preventive Medicine*, 10(2), 77-84. [https://doi.org/10.1016/S0749-3797\(18\)30622-6](https://doi.org/10.1016/S0749-3797(18)30622-6)