



Center for Epidemiologic Studies Depression Scale - Revised (CESD-R)

Instructions:

For each statement, please indicate how often you have felt this way in the past week or so by selecting the option you most agree with.

		Not at all / Less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly every day for 2 weeks
1	My appetite was poor.	0	1	2	3	4
2	I could not shake off the blues.	0	1	2	3	4
3	I had trouble keeping my mind on what I was doing.	0	1	2	3	4
4	I felt depressed.	0	1	2	3	4
5	My sleep was restless.	0	1	2	3	4
6	I felt sad.	0	1	2	3	4
7	I could not get going.	0	1	2	3	4
8	Nothing made me happy.	0	1	2	3	4
9	I felt like a bad person.	0	1	2	3	4
10	I lost interest in my usual activities.	0	1	2	3	4
11	I slept much more than usual.	0	1	2	3	4
12	I felt like I was moving too slowly.	0	1	2	3	4
13	I felt fidgety.	0	1	2	3	4
14	I wished I were dead.	0	1	2	3	4
15	I wanted to hurt myself.	0	1	2	3	4
16	I was tired all the time.	0	1	2	3	4



		Not at all / Less than 1 day	1 – 2 days	3 – 4 days	5 – 7 days	Nearly every day for 2 weeks
17	I did not like myself.	0	1	2	3	4
18	I lost a lot of weight without trying to.	0	1	2	3	4
19	I had a lot of trouble getting to sleep.	0	1	2	3	4
20	I could not focus on the important things.	0	1	2	3	4

Developer Reference:

Radloff LS. The CES-D scale: a self-report depression scale for research in the general population. Applied Psychological Measurement. 1977;1:385-401.

Eaton, W. W., Smith, C., Ybarra, M., Muntaner, C., & Tien, A. (2004). Center for Epidemiologic Studies Depression Scale: Review and revision (CESD and CESD-R). In M. E. Maruish (Ed.), The use of psychological testing for treatment planning and outcomes assessment (3rd ed., pp. 363-377). Lawrence Erlbaum.

Centre Epidemiological Studies (2026). CESD-R explanation. <https://cesd-r.com/cesdr/>

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