



**STANFORD  
PATIENT EDUCATION  
RESEARCH CENTER**

**Center for Epidemiologic Studies Short Depression Scale (CES-D 10)**

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**: (*circle one number on each line*)

During the past week...	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)	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 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**

Item Weights	Rarely or none of the time (less than 1 day)	Some of a little of the time (1-2 days)	Occasionally or a moderate amount of the time (3-4 days)	All of the time (5-7 days)
Items 5 & 8	3	2	1	0
All other items:	0	1	2	3

Score is the sum of the 10 item weights. If more than 2 items are missing, do not score the scale. A score of 10 or greater is considered depressed.

## Characteristics

Tested on 605 subjects with chronic disease.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
10	1-30	12.9	6.13	.84	NA

## Source of Psychometric Data

Stanford/Garfield Kaiser Chronic Disease Dissemination Study. Results reported in: Lorig KR, Sobel, DS, Ritter PL, Laurent, D, Hobbs, M. Effects of a self-management program for patients with chronic disease. *Effective Clinical Practice*, 4, 2001, pp. 256-262. Psychometrics not reported in this article.

## Comments

This is the short version of the 20-item CES-D. We are no longer using the CES-D because we have found that the norms for this scale differ for English and Spanish speakers and we do not feel comfortable combining data from different ethnic and cultural groups.

## References

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

Andresen EM, Malmgren JA, Carter WB, Patrick DL. Screening for depression in well older adults: evaluation of a short form of the CES-D (Center for Epidemiologic Studies Depression Scale). *Am J Prev Med*. 1994; 10: 77-84.

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