The Center for Epidemiological Studies Depression Scale for Children (CES-DC) is a 20-item self-report depression inventory with possible scores ranging from 0 to 60. Each response to an item is scored as follows:

0 = “Not At All”
1 = “A Little”
2 = “Some”
3 = “A Lot”

However, items 4, 8, 12, and 16 are phrased positively, and thus are scored in the opposite order:

3 = “Not At All”
2 = “A Little”
1 = “Some”
0 = “A Lot”

Higher CES-DC scores indicate increasing levels of depression. Weissman et al. (1980), the developers of the CES-DC, have used the cutoff score of 15 as being suggestive of depressive symptoms in children and adolescents.

REFERENCES


INSTRUCTIONS
Below is a list of the ways you might have felt or acted. Please check how much you have felt this way during the past week.

DURING THE PAST WEEK
1. I was bothered by things that usually don’t bother me. Not At All A Little Some A Lot
2. I did not feel like eating, I wasn’t very hungry. Not At All A Little Some A Lot
3. I wasn’t able to feel happy, even when my family or friends tried to help me feel better. Not At All A Little Some A Lot
4. I felt like I was just as good as other kids. Not At All A Little Some A Lot
5. I felt like I couldn’t pay attention to what I was doing. Not At All A Little Some A Lot

DURING THE PAST WEEK
6. I felt down and unhappy. Not At All A Little Some A Lot
7. I felt like I was too tired to do things. Not At All A Little Some A Lot
8. I felt like something good was going to happen. Not At All A Little Some A Lot
9. I felt like things I did before didn’t work out right. Not At All A Little Some A Lot
10. I felt scared. Not At All A Little Some A Lot

DURING THE PAST WEEK
11. I didn’t sleep as well as I usually sleep. Not At All A Little Some A Lot
12. I was happy. Not At All A Little Some A Lot
13. I was more quiet than usual. Not At All A Little Some A Lot
14. I felt lonely, like I didn’t have any friends. Not At All A Little Some A Lot
15. I felt like kids I know were not friendly or that they didn’t want to be with me. Not At All A Little Some A Lot

DURING THE PAST WEEK
16. I had a good time. Not At All A Little Some A Lot
17. I felt like crying. Not At All A Little Some A Lot
18. I felt sad. Not At All A Little Some A Lot
19. I felt people didn’t like me. Not At All A Little Some A Lot
20. It was hard to get started doing things. Not At All A Little Some A Lot

Name: ________________________________
Date: _____________
Score: _______________