

## Depression Self-Assessment

If you are depressed, it can be helpful to have an objective assessment of how depressed you are. Knowing your level of depression can help you determine what steps to take to improve your mood

This assessment is called the CES-D. It was developed by the Center for Epidemiological Studies at the National Institute of Health. As you respond to the questions below, you may become more aware of you how you view yourself and various aspects of your life.

### CENTER FOR EPIDEMIOLOGIC STUDIES—DEPRESSION SCALE

Circle the corresponding number of each statement that best describes how often you felt or behaved this way, DURING THE PAST WEEK.

	<b>Rarely or none of the time (less than 1 day)</b>	<b>Some or a little of the time (1-2 days)</b>	<b>Occasionally or a moderate amount of the time (3-4 days)</b>	<b>Most or all of the time (5-7 days)</b>
During the past week:	0	1	2	3
1) I was bothered by things that usually don't bother me	0	1	2	3
2) I did not feel like eating; my appetite was poor	0	1	2	3
3) I felt that I could not shake off the blues even with help from my family and friends	0	1	2	3

4) I felt that I was just as good as other people	3	2	1	0
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
8) I felt hopeful about the future	3	2	1	0
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
12) I was happy	3	2	1	0
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
16) I enjoyed life	3	2	1	0
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

## The scoring system for the CES-D:

If you scored between a 10 and a 15, *you may be mildly depressed.*

If you scored between a 16 and a 25, *you may be moderately depressed.*

If you scored above 25, *you may be significantly depressed.*

Your score on the CES-D will give you an overall assessment of how depressed you are now. Keep in mind that this is just one way of assessing how you are feeling. If we looked more closely at other aspects of depression, like energy level or activity level, your depression score might be substantially different. Also be aware that your score provides a snapshot of how you are doing right now, and it is likely to change as you take active steps to improve your mood.

If you are significantly depressed, you could benefit from the 1:1 support and guidance a psychotherapist provides. Some people are better able to use the elements of *The Mind-Body Mood Solution* if they are working with a therapist. If you are less severely depressed, working with a therapist may still be very helpful. Even if you are capable of using the approaches in the book on your own, feedback from an objective, concerned professional may be extremely valuable.

For information about finding a therapist, go to the Psychotherapy page of this website.