

Screening for Prenatal/Postpartum Depression

Center for Epidemiologic Studies-Depression (CES-D) Scale

The Center for Epidemiologic Studies-Depression (CES-D) scale is provided for your use to screen pregnant women and new mothers for depression. It was developed specifically to identify depression in the general population (Radloff, 1977). Initial testing of the CES-D was done with people of different economic and racial backgrounds. There are 20 items that assess frequency of symptoms experienced during the prior week (i.e., rarely, some, occasionally, and most or all of the time). The items are compatible with criteria for depression given in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). A scoring guide indicating items that are reverse scored is included. A score of 16 or above suggests a high level of depressive symptoms.

Radloff, L.W. (1977). The CES-D Scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1(3), 385-401.

CES-D Scoring Procedure

Add up the total score after filling in the reverse scores. The total can range from 0-60. The cut-off score for clinical concern is 16.

1. _____
2. _____
3. _____
4. _____ Reversed scoring*
5. _____
6. _____
7. _____
8. _____ Reversed scoring*
9. _____
10. _____
11. _____
12. _____ Reversed scoring*
13. _____
14. _____
15. _____
16. _____ Reversed scoring*
17. _____
18. _____
19. _____
20. _____
- Total: _____

*Reversed scoring: Reverse the order of the scale (i.e., "0 1 2 3" becomes "3 2 1 0").

CES-D

Circle the number for each statement which best describes how often you felt or behaved this way *during the past week*.

	Rarely or none of the time (less than 1 day)	Some or little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
During the past week:	0	1	2	3
1. I was bothered by the things that don't usually 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 or friends.	0	1	2	3
4. I felt that I was just as good as other people.	0	1	2	3
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.	0	1	2	3
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.	0	1	2	3
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.	0	1	2	3
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