



## Center for Epidemiological Studies Depression Scale for Children (CES-DC)

### 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.

		Not At All	A Little	Some	A Lot
1	I was bothered by things that usually don't bother me.	0	1	2	3
2	I did not feel like eating, I wasn't very hungry	0	1	2	3
3	I wasn't able to feel happy, even when my family or friends tried to help me feel better.	0	1	2	3
4	I felt like I was just as good as other kids	3	2	1	0
5	I felt like I couldn't pay attention to what I was doing.	0	1	2	3
6	I felt down and unhappy.	0	1	2	3
7	I felt like I was too tired to do things.	0	1	2	3
8	I felt like something good was going to happen.	3	2	1	0
9	I felt like things I did before didn't work out right.	0	1	2	3
10	I felt scared.	0	1	2	3
11	I didn't sleep as well as I usually sleep	0	1	2	3
12	I was happy.	3	2	1	0
13	I was more quiet than usual.	0	1	2	3
14	I felt lonely, like I didn't have any friends.	0	1	2	3
15	I felt like kids I know were not friendly or that they didn't want to be with	0	1	2	3
16	I had a good time	3	2	1	0



		Not At All	A Little	Some	A Lot
17	I felt like crying.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
18	I felt sad.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
19	I felt people didn't like me.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
20	It was hard to get started doing things.	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**Developer Reference:**

Weissman, M. M., Orvaschel, H., & Padian, N. (1980). Children's Symptom and Social Functioning Self-Report Scales Comparison of Mothers' and Children's Reports. *The Journal of nervous and mental disease*, 168(12), 736-740.