

NINDS CDE Notice of Copyright
Center for Epidemiologic Studies Depression Rating Scale (CES-D)

Availability:	The instrument is freely available here: Center for Epidemiologic Studies Depression Scale
Classification:	Supplemental - Highly Recommended: Stroke (based on study type, disease stage and disease type) Supplemental for Mitochondrial Disease (Mito), Multiple Sclerosis (MS) and Traumatic Brain Injury
Short Description of Instrument:	<p><u>Purpose</u> The CES-D is a widely used screening scale for depression and employed in stroke and cardiovascular health studies. It measures depressive feelings and behaviors occurring in the past week of a patient’s life.</p> <p><u>Overview</u> The CES-D consists of 20 items, which make up six scales reflecting depressive symptomatology: depressed mood, feelings of guilt and worthlessness, feelings of helplessness and hopelessness, psychomotor retardation, loss of appetite, and sleep disturbance.</p> <p><u>Time</u> Evaluation is approximately 5 minutes</p> <p><u>Psychometric Properties</u> The measure is reliable for assessing number, types and duration of depressive symptoms across racial, gender, and age categories, has been reported to have high internal consistency, and has been extensively validated.</p> <p><u>Strengths and Weaknesses:</u> The CES-D is not intended as a clinical diagnostic tool and interpretations of individual scores should not be made. Group means should only be used in reference to other groups. The internal reliability and consistency is good for all groups tested (Race, age, education).</p> <p><u>Other Important Notes</u> The CES-D can be self or interviewer-administered. The CES-D was developed for use in studies of the epidemiology of depressive symptomatology in the general population. Items were selected from previously validated scales and cover the major components of depressive symptomatology. The scale is not intended for a clinical diagnosis of depression.</p>
Scoring:	Each item is scored on a 4-point scale ranging from 0 (rarely/none of the time) to 3 (most/all of the time). Scores for items 4, 8, 12, and 16 are reversed before summing all items to yield a total score, which can range from 0-60. Higher scores indicate more depressive symptoms

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References:	<p>Stroke References:</p> <p>Parikh, et al. (1988). The sensitivity and specificity of the Center for Epidemiologic Studies Depression Scale in screening for post-stroke depression. <i>Int J Psychiatry Med.</i> 18(2): 169-81.</p> <p>Ramasubbu, R., Robinson, R., Flint, A., Kosier, T., & Price, TR. (1998). Functional impairment associated with acute poststroke depression: The stroke data bank study. <i>J Neuropsychiatry Clin Neurosci</i>, 10, 26-33.</p> <p>Sinar, D., Gross, CR, Price, TR, Banko, M, Bolduc, PL, & Robinson, RG (1986). Screening for depression in stroke patients: The reliability and validity of the CES-D scale.</p> <p>Steffens, DC, Krishnan, KR., Crump, C., & Burke, GL. (2002). Cerebrovascular disease and evolution of depressive symptoms in the cardiovascular health study. <i>Stroke</i>, 2002, 33, 1636-44.</p> <p>TBI References:</p> <p>Parikh, et al. (1988). The sensitivity and specificity of the Center for Epidemiologic Studies Depression Scale in screening for post-stroke depression. <i>Int J Psychiatry Med.</i> 18(2): 169-81.</p> <p>Radloff, LS (1977). The CES-D Scale: A self-report depression scale for research in the general population. <i>App Psychol Meas</i>, 1, 385-401.</p> <p>Ramasubbu, R., Robinson, R., Flint, A., Kosier, T., & Price, TR. (1998). Functional impairment associated with acute poststroke depression: The stroke data bank study. <i>J Neuropsychiatry Clin Neurosci</i>, 10, 26-33.</p> <p>Sinar, D., Gross, CR, Price, TR, Banko, M, Bolduc, PL, & Robinson, RG (1986). Screening for depression in stroke patients: The reliability and validity of the CES-D scale.</p> <p>Steffens, DC, Krishnan, KR., Crump, C., & Burke, GL. (2002). Cerebrovascular disease and evolution of depressive symptoms in the cardiovascular health study. <i>Stroke</i>, 2002, 33, 1636-44.</p> <p>Spanish Language References:</p> <p>McCabe BE, et al (2011). Acculturation and the Center for Epidemiological Studies Depression Scale for Hispanic Women. <i>Nurs Rev</i> 60(4):270-5.</p> <p>Ruiz-Grosso P, et al (2012). Validation of the Spanish Center for Epidemiological Studies Depression and Zung Self-Rating Depression Scales: A comparative validation study. <i>PLoS One</i> 7(10):e45413</p>
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