

CES-CDINSTRUCTIONS

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.

<u>DURING THE PAST WEEK:</u>		Not at A				
		All	Little	Some	Alot	
1.	I was bothered by things that usually don't bother me.	1	2	3	4	(28)
2.	I did not feel like eating; I wasn't very hungry.	1	2	3	4	(29)
3.	I wasn't able to feel happy, even when my family or friends tried to help me feel better.	1	2	3	4	(30)
4.	I felt like I was just as good as other kids.	1	2	3	4	(31)
5.	I felt like I couldn't pay attention to what I was doing this week.	1	2	3	4	(32)
6.	I felt down and unhappy this week.	1	2	3	4	(33)
7.	I felt like I was too tired to do things this past week.	1	2	3	4	(34)
8.	I felt like something good was going to happen.	1	2	3	4	(35)
9.	I felt like things I did before didn't work out right.	1	2	3	4	(36)
10.	I felt scared this week.	1	2	3	4	(37)
11.	I didn't sleep as well as I usually sleep this week.	1	2	3	4	(38)

Not at A

	All	Little	Some	Alot	
12. I was happy this week.	1	2	3	4	(39)

13. I was more quiet than usual this week.	1	2	3	4	(40)

14. I felt lonely, like I didn't have any friends.	1	2	3	4	(41)

15. I felt like kids I knew were not friendly or that they didn't want to be with me.	1	2	3	4	(42)

16. I had a good time this week.	1	2	3	4	(43)

17. I felt like crying this week.	1	2	3	4	(44)

18. I felt sad.	1	2	3	4	(45)

19. I felt people didn't like me this week.	1	2	3	4	(46)

20. It was hard to get started doing things this week.	1	2	3	4	(47)

Reference: Faulstich, M. E., Carey, M. P., Ruggiero, L., Enyart, P., & Gresham, F. (1986). Assessment of depression in childhood and adolescence: An evaluation of the center for epidemiological studies depression scale for children (CES-DC). *Am J Psychiatry*, 143,1024-1027.