### Availability:
The instrument is freely available here:

[Center for Epidemiologic Studies Depression Scale](https://example.com).

### Classification:

**Supplemental - Highly Recommended:** Sports-Related Concussion (SRC) Acute (time of injury until 72 hours) and Stroke (based on study type, disease stage and disease type)

**Supplemental:** Mitochondrial Disease (Mito), Multiple Sclerosis (MS), Sports-Related Concussion (SRC) Subacute (after 72 hours to 3 months) and Persistent/Chronic (3 months and greater post concussion), and Traumatic Brain Injury (TBI)

### Short Description of Instrument:

**Purpose:** The Center for Epidemiologic Studies Depression Rating Scale (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.

**Overview:** 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.

**Time:** Evaluation is approximately 5 minutes

**Psychometric Properties:** 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.

**Strengths and Weaknesses:** 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).

**Other Important Notes:** 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.

**Sports-Related Concussion Specific:**

Advantages: Widely used screen for depressive symptoms. It is not a diagnostic instrument. Some of the depressive symptoms will overlap with post-concussion symptoms. It is self administered and very brief screen.

Age Range: can be used in adults, as well as children and adolescents (6-17). Less reliable in the younger children.
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**Center for Epidemiologic Studies Depression Rating Scale (CES-D)**

| **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. |
| **References:** | **Stroke References:**  
**TBI References:**  
**Spanish Language References:**  