Adapted CESDR-10 Depression Screening

Record ID _____

The following questions ask about how you are thinking and feeling. Please do your best to answer the questions.

Thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health NOT good? _____

Below is a list of the ways you might have felt or acted. Please indicate how often you have felt this way during the past two weeks.

During the past two weeks, my appetite was poor.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I couldn't sleep well.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I felt sad.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I felt like a bad person.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I lost interest in my usual activities.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I felt like I was moving too slowly.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I wished I was not alive.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I was tired all the time.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I could not focus on the important things.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks

During the past two weeks, I felt irritable.

◯ Not at all or less than 1 day
◯ 1-2 days
◯ 3-4 days
◯ 5-7 days
◯ Nearly every day for 2 weeks