



**BIRTH TO TWENTY: 10TH YEAR
DEPRESSION SCALE**

Centre for Epidemiological Studies – Depression (CES-D{1})

DATE: Day Month Year

BTT ID NUMBER:

BONE STUDY ID NUMBER:

CHILD'S FIRST NAME(S) & SURNAME _____

PRIMARY CARETAKER'S NAME & SURNAME _____

WHO PROVIDED THIS INFORMATION? _____

**WHAT IS RELATIONSHIP OF INFORMANT
TO BTT CHILD?** _____

Below are listed ways that describe how you might have felt or behaved during the past week. Please tell me if these statements describe the way you felt or behaved.

During the **past week**

1. I was bothered by things that usually don't bother me

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

2. I did not feel like eating : my appetite was poor

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

3. I felt that could not shake off the blues even with help from my family and friends

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

4. I felt that I was just as good as other people

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

5. I had trouble keeping my mind on what I was doing

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

6. I felt depressed

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

7. I felt that everything I did was an effort

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

8. I felt hopeful about the future

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

{1}Radloff, L.S. (1977). The CES-D Scale: A self-report depression scale for research in the general population. Applied Psychological Measurement, 1. 385-401

9. I thought that my life had been a failure

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

10. I was fearful

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

11. My sleep was restless

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

12. I was happy

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

13. I talked less than usual

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

14. I felt lonely

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

15. I felt that people were unfriendly

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

16. I enjoyed life

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

17. I had crying spells

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

18. I felt sad

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

19. I felt that people dislike me

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3

20. I could not get 'going'

None of the time	0	A little of the time	1
Occasionally	2	Most of the time	3