

AI-READI CES-D-10 Depression Questionnaire

Depression is comorbid with type 2 diabetes. We are utilizing the Center for Epidemiological Studies Depression Scale (CES-D-10) survey as a self-reported measure of depression. The CES-D-10 is a validated survey consisting of 10 items that screen for symptoms of depression.

Survey Instrument

Instructions:

This questionnaire is focused on mental wellness. Please answer honestly and to the best of your ability from the options provided.

Below is a list of some of the ways you may have felt or behaved. Please read each question and select the answer that best describes how often you have felt this way during the past week.

- 1. I was bothered by things that usually don't bother me**
 - Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 2. I had trouble keeping my mind on what I was doing**
 - Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 3. I felt depressed**
 - Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 4. I felt that everything I did was an effort**
 - Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)

- All of the time (5-7 days)
- 5. I felt hopeful about the future**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 6. I felt fearful**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 7. My sleep was restless**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 8. I was happy**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 9. I felt lonely**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)
- 10. I could not "get going"**
- Rarely or none of the time (< 1 day)
 - Some or a little of the time (1-2 days)
 - Occasionally or a moderate amount of time (3-4 days)
 - All of the time (5-7 days)

Scoring Guidelines

Center for Epidemiologic Studies Depression Scale Revised (CESD-R-10)

About: This scale is a self-report measure of depression.

Items: 10

Reliability:

Internal consistency for the CES-D-10 = (Cronbach's $\alpha=0.86$)

Test-retest reliability for the CES-D-10 = (I CC=0.85).

Test-retest reliability for individual items = (ICC=0.11-0.73)

(Miller et al. 2008)

Validity:

Convergent validity = .91

Divergent validity = .89

Correlation of the CES-D-10 to SF-36 subscales varies depending on the subscale.

Physical Function (Pearson's $r = 0.37$)

Mental Health (Pearson's $r = 0.71$)

(Miller et al. 2008)

Scoring:

	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	All of the time (5-7 days)
Questions 5 & 8	3	2	1	0
All other questions	0	1	2	3

The total score is calculated by finding the sum of 10 items. Do not score the form if more than 2 items are missing. Any score equal to or above 10 is considered depressed.

References:

Björgvinsson, T., Kertz, S.J., Bigda-Peyton, J.S., McCoy, K.L., Aderka, I.M. (2013). [Psychometric properties of the CES-D-10 in a psychiatric sample](#). *Assessment*, 20, 429-436.

Miller, W.C., Anton, H.A., Townson, A. F. (2008). [Measurement properties of the CESD scale among individuals with spinal cord injury](#). *Spinal Cord*, 46, 287-292.

Radloff, L. S. (1977). [CES-D scale: A self report depression scale for research in the general populations](#). *Applied Psychological Measurement*, 1, 385-401.

Center for Epidemiologic Studies Short Depression Scale (CES-D-R 10)

Below is a list of some of the ways you may have felt or behaved.

Please indicate how often you have felt this way during the past week by checking the appropriate box for each question.

	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	All of the time (5-7 days)
1. I was bothered by things that usually don't bother me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I had trouble keeping my mind on what I was doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I felt depressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I felt that everything I did was an effort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I felt hopeful about the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I felt fearful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My sleep was restless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I was happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I felt lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I could not "get going."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>