MOTIV8\_DepressiveSymptoms\_documentation.docx

**MOTIV8 Adherence Project Depressive Symptoms Dataset Documentation**

Depressive symptoms will be measured by the 20-item Center for Epidemiologic Studies Depression Scale (CES-D)1 that was designed to measure depressive symptomatology in the general population. The CES-D has established reliability (Alpha .85-.90, split-half and Spearman-Brown .77-.92) and validity (concurrent with other depression scales and discriminate between psychiatric populations and general population). Items 4,8,12,16 are reverse scored and a total score of > 16 indicates that depressive symptoms are present. Normative data is available (e.g., 2). (BL, 24, 48)

1. Radloff, L. (1977). The CES-D Scale: A self-report depression scale for research in the general population. *Journal of Applied Psychological Measurement, 1,* 385-401.
2. Ross, C. E., & Mirowsky, J. (1984). Components of depressed mood in married men and women: The Center for Epidemiologic Studies’ Depression Scale. *American Journal of Epidemiology, 119* – 6, 997-1004.

These items are about how you may have felt or behaved recently. For each item, click on the option that best describes your feelings or behavior **over the last week**.

0 Rarely or none of the time (less than 1 day)

1 Some or a little of the time (1-2 days)

2 Occasionally or a moderate amount of time (3-4 days)

3 Most or all of the time (5-7 days)

**Over the last week…**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. | I was bothered by things that usually don’t bother me. | 0 | 1 | 2 | 3 |
| 2. | I did not feel like eating; my appetite was poor. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3. | I felt that I could not shake off the blues even with help from my family or friends. | 0 | 1 | 2 | 3 |
| 4. | I felt that I was just as good as other people. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5. | I had trouble keeping my mind on what I was doing. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 6. | I felt depressed. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 7. | I felt that everything I did was an effort. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 8. | I felt hopeful about the future. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 9. | I thought my life had been a failure | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10. | I felt fearful. | 0 | 1 | 2 | 3 |
| 11. | My sleep was restless. | 0 | 1 | 2 | 3 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 12. | I was happy. | 0 | 1 | 2 | 3 |
| 13. | I talked less than usual. | 0 | 1 | 2 | 3 |
| 14. | I felt lonely. | 0 | 1 | 2 | 3 |
| 15. | People were unfriendly. | 0 | 1 | 2 | 3 |
| 16. | I enjoyed life. | 0 | 1 | 2 | 3 |
| 17. | I had crying spells. | 0 | 1 | 2 | 3 |
| 18. | I felt sad. | 0 | 1 | 2 | 3 |
| 19. | I felt that people disliked me. | 0 | 1 | 2 | 3 |
| 20. | I could not get “going.” | 0 | 1 | 2 | 3 |

**NOTE: Items 4,8,12, and 16 are reverse scored.**