

Reliability, Validity and Psychometric Properties of the Greek Translation of the Center for Epidemiological Studies-Depression (CES-D) Scale

ABSTRACT

The Greek translation of the CES-D scale is both reliable and valid and is suitable for clinical and research use with satisfactory properties. Its properties are similar to those reported in the international literature. However one should always have in mind the limitations inherent in the use of self-report scales.

INTRODUCTION

The Center for Epidemiological Studies- Depression Scale (CES-D) is a well known and widely used self-rating scale for the measurement of depression. Along with the Beck Depression Inventory and the Zung Depression Rating Scale, these are the most popular self-administered instruments for the assessment of depression. These scales are supposed to be used as screening tools rather than as substitutes for an in-depth interview. They can also be an efficient tool for screening patients for depression and have been used successfully for many years in the primary care setting. Higher scores on this scale are indicative of more severe depression. The CES-D is a self-reporting instrument and was originally developed in order to assess depression symptoms without the bias of an administrator affecting the results. The items in the CES-D scale may also help patients begin to discuss previously nebulous symptoms, especially those patients who present with physical symptoms of depression such as headache or insomnia. CES-D consists of 20 items that cover affective, psychological, and somatic symptoms. The patient specifies the frequency with which the symptom is experienced (that is: a little, some, a good part of the time, or most of the time). The aim of the current study was to assess the reliability, validity and psychometric properties of the Greek translation of the Center for Epidemiological Studies- Depression Scale (CES-D).

CONCLUSION

The Greek translation of the CES-D scale is both reliable and valid and is suitable for clinical and research use with satisfactory properties. However one should always have in mind the limitations inherent in the use of self-reporting scales.