



Center for Epidemiological Studies Depression Scale for Children (CES-DC)

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Overview

The Center for Epidemiological Studies Depression Scale for Children (CES-DC) is a student self-report measure to assess for depressive symptoms in children, adolescents, and young adults ages 6-23. The CES-DC was modified from the CES-D, an adult depression inventory, which was developed from other depression scales covering six major symptom areas, including depressed mood, feelings of guilt/worthlessness, a sense of helplessness/hopelessness, psychomotor retardation, loss of appetite, and sleep disturbance.

Focus Area

Depression/Mood

Purpose

Screening/Initial Evaluation
Progress Monitoring

Reporter

Student

Versions

Student, 20 items (for ages 6-23)

Subscales

N/A

Sample Items

- ♦ I felt like I was just as good as other kids
- ♦ I felt down and unhappy
- ♦ It was hard to get started doing things

Response Options

Not at all
A little
Some
A lot

Estimated Completion Time

Five to ten minutes

Languages

English
Spanish
Other

Cost

Free

Access the measure:

[CES-DC](#)



Scoring

Center for Epidemiological Studies Depression Scale for Children (CES-DC)	
Possible range	0-60
Item scores	Not at all (0) to A lot (3)
Administration & scoring rules	<p>To use the CES-DC for <i>screening</i> and <i>progress monitoring</i>:</p> <ul style="list-style-type: none">➤ Rate symptoms present in the past week➤ Reverse code* items 4,8,12,16➤ Sum all items <p>*Reverse coding guidelines: (0=3, 1=2, 2=1, 3=0)</p>
Interpretation	<p>Scores of 15 and above in children and adolescents (and scores of 16 and above in young adults) may be suggestive of significant levels of depressive symptoms; however, this cutoff may not be as specific to depression and may pick up on broader concerns with psychological functioning. A score of 31 was recommended to be more specific to more severe depressive symptomatology.</p> <p>The scale has limited reliability and validity in children age 6 to 11. Rather, the CES-DC has shown it is most appropriate for use in girls and youth age 12 to 18.</p>