

Silver Child Development Center Depression Scale



Instructions: Below is a list of the ways you might have felt or acted. Please check HOW MUCH you have felt this way during the PAST WEEK.

During the past week	Not At All	A Little	Some	A Lot
1. I was bothered by things that usually don't bother me	_____	_____	_____	_____
2. I did not feel like eating, I wasn't very hungry	_____	_____	_____	_____
3. I wasn't able to feel happy, even when my family or friends tried to help me feel better	_____	_____	_____	_____
4. I felt like I was just as good as other kids	_____	_____	_____	_____
5. I felt like I couldn't pay attention to what I was doing	_____	_____	_____	_____

During the past week	Not At All	A Little	Some	A Lot
6. I felt down and unhappy	_____	_____	_____	_____
7. I felt like I was too tired to do things	_____	_____	_____	_____
8. I felt like something good was going to happen	_____	_____	_____	_____
9. I felt like things I did before didn't work out right	_____	_____	_____	_____
10. I felt like scared	_____	_____	_____	_____

During the past week	Not At All	A Little	Some	A Lot
11. I didn't sleep as well as I usually sleep	_____	_____	_____	_____
12. I was happy	_____	_____	_____	_____
13. I was more quiet than usual	_____	_____	_____	_____
14. I felt lonely, like I didn't have any friends	_____	_____	_____	_____
15. I felt like kids I know were not friendly or that they didn't want to be with me	_____	_____	_____	_____

During the past week	Not At All	A Little	Some	A Lot
16. I had a good time	_____	_____	_____	_____
17. I felt like crying	_____	_____	_____	_____
18. I felt sad	_____	_____	_____	_____
19. I felt people didn't like me	_____	_____	_____	_____
20. It was hard to get started doing things	_____	_____	_____	_____

For Staff Use Only

Number: _____

Score: _____

Each response is scored as follows: "Not At All" (0), "A Little" (1), "Some" (2), "A Lot" (3). Items 4, 8, 12, and 16 are phrased positively and should be scored in the opposite order: "Not At All" (3), "A Little" (2), "Some" (1), "A Lot" (0). Higher scores indicate increasing levels of depression.

Adapted from the Center for Epidemiological Studies Depression Scale for Children (CES-DC) by Bright Futures (Public Domain)