



APPENDIX D

Depression and Anxiety Scales

Self-Rating Depression Scale

Read each statement and decide how much the statement describes how you have been feeling **during the past week**. Circle the appropriate number for each statement.

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
I was bothered by things that usually don't bother me.	0	1	2	3
I did not feel like eating; my appetite was poor.	0	1	2	3
I felt that I couldn't shake off the blues, even with help from friends or family.	0	1	2	3
I felt that I was just as good as other people.	3	2	1	0

(continued)

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
I had trouble keeping my mind on what I was doing.	0	1	2	3
I felt depressed.	0	1	2	3
I felt that everything I did was an effort.	0	1	2	3
I felt hopeful about the future.	3	2	1	0
I thought my life had been a failure.	0	1	2	3
I felt fearful.	0	1	2	3
My sleep was restless.	0	1	2	3
I was happy.	3	2	1	0
I talked less than usual.	0	1	2	3
I felt lonely.	0	1	2	3
People were unfriendly.	0	1	2	3
I enjoyed life.	3	2	1	0
I had crying spells.	0	1	2	3
I felt sad.	0	1	2	3
I felt as though people disliked me.	0	1	2	3
I could not get going.	0	1	2	3

Source: This depression questionnaire is adapted from the Center for Epidemiologic Studies Depression Scale, or CES-D (Radloff, 1977). It is commonly used with the general public.

Add up all of your scores. Total: _____

The lowest score you can get is 0; the highest is 60. Psychologists use the cut-off score of 16 to differentiate depressed persons from nondepressed ones. If your score is 16 or higher, you would be classified as depressed. Depression can range from mild (a score of 16–20) to moderate (a score of 21–25) to severe (a score of 26–60). This is not a diagnostic tool. Please speak with a mental health expert about any questions that arise from using this screening tool.

Depression scales are acutely sensitive to your mood and your general mental state, so you could obtain different depression scores at different times, even as close as two weeks apart.

If you scored above 16, I encourage you to seek out the expertise of a licensed counselor, a clinical psychologist, or a psychiatrist with whom you can discuss options for treatment. Depression is an illness, and there are many ways it can be treated.

Self-Rating Anxiety Scale

Read each statement and decide how much the statement describes how you have been feeling **during the past week**. Circle the appropriate number for each statement.

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
I feel afraid for no reason at all.	0	1	2	3
I feel more nervous and anxious than usual.	0	1	2	3
I get upset easily or feel panicky.	0	1	2	3
I feel as though I'm falling apart or going to pieces.	0	1	2	3
I feel that everything is all right and nothing bad will happen.	3	2	1	0
My arms and legs shake and tremble.	0	1	2	3
I am bothered by headaches and neck and back pains.	0	1	2	3
I feel weak and get tired easily.	0	1	2	3
I feel calm and can sit still easily.	3	2	1	0
I can feel my heart beating fast.	0	1	2	3
I am bothered by dizzy spells.	0	1	2	3
I have fainting spells or feel faint.	0	1	2	3
I can breathe in and out easily.	3	2	1	0

(continued)

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
I get feelings of numbness and tingling in my fingers and toes.	0	1	2	3
I am bothered by stomachaches and indigestion.	0	1	2	3
I have to empty my bladder often.	0	1	2	3
My hands are usually warm and dry.	3	2	1	0
My face gets hot and blushes.	0	1	2	3
I fall asleep easily and get a good night's rest.	3	2	1	0
I have nightmares.	0	1	2	3

Source: This questionnaire is adapted from the “Zung Instrument for Anxiety,” published by the American Psychiatric Association (1971).

Add up all of your scores. Total: _____

A score of 16 and over suggests the need for further assessment of anxiety. This is not a diagnostic tool. Please speak with a mental health expert about any questions that arise from using this screening tool.

This book, and the workbook, will help you cultivate resilience—not address depression or anxiety. If you struggle with depression or anxiety, please get help.