

**CESD-R20 (Oracle Table: CESDR\_POMS)**

Please read each of the following statements and place an X in the box which best describes *how often you have felt this way in the past week or so*.

|   | Not at all<br>or less<br>than 1<br>day | 1-2<br>days | 3-4 days | 5-7<br>days | Nearly<br>every day<br>for 2<br>weeks |
|---|--|-------------|----------|-------------|---------------------------------------|
| 1. My appetite was poor. ( <a href="#">appetite_was_poor</a> )  | 0                                      | 1           | 2        | 3           | 4                                     |
| 2. I could not shake off the blues. ( <a href="#">could_not_shake_off_the_blues</a> )                   | 0                                      | 1           | 2        | 3           | 4                                     |
| 3. I had trouble keeping my mind on what I was doing. ( <a href="#">trouble_keeping_mind_on_doing</a> ) | 0                                      | 1           | 2        | 3           | 4                                     |
| 4. I felt depressed. ( <a href="#">felt_depressed</a> )   | 0                                      | 1           | 2        | 3           | 4                                     |
| 5. My sleep was restless. ( <a href="#">sleep_was_restless</a> )  | 0                                      | 1           | 2        | 3           | 4                                     |
| 6. I felt sad. ( <a href="#">felt_sad</a> )   | 0                                      | 1           | 2        | 3           | 4                                     |
| 7. I could not get going. ( <a href="#">could_not_get_going</a> )                                       | 0                                      | 1           | 2        | 3           | 4                                     |
| 8. Nothing made me happy. ( <a href="#">nothing_made_me_happy</a> )                                     | 0                                      | 1           | 2        | 3           | 4                                     |
| 9. I felt like a bad person. ( <a href="#">felt_like_a_bad_person</a> )                                 | 0                                      | 1           | 2        | 3           | 4                                     |
| 10. I lost interest in my usual activities. ( <a href="#">lost_interest_in_activities</a> )             | 0                                      | 1           | 2        | 3           | 4                                     |
| 11. I slept much more than usual. ( <a href="#">sleep_more_than_usual</a> )                             | 0                                      | 1           | 2        | 3           | 4                                     |
| 12. I felt like I was moving too slowly. ( <a href="#">moving_too_slowly</a> )                          | 0                                      | 1           | 2        | 3           | 4                                     |
| 13. I felt fidgety. ( <a href="#">felt_fidgety</a> )  | 0                                      | 1           | 2        | 3           | 4                                     |
| 14. I wished I were dead. ( <a href="#">wished_were_dead</a> )  | 0                                      | 1           | 2        | 3           | 4                                     |
| 15. I wanted to hurt myself. ( <a href="#">wanted_to_hurt_self</a> )                                    | 0                                      | 1           | 2        | 3           | 4                                     |
| 16. I was tired all the time. ( <a href="#">tired_all_the_time</a> )                                    | 0                                      | 1           | 2        | 3           | 4                                     |
| 17. I did not like myself. ( <a href="#">did_not_like_self</a> )  | 0                                      | 1           | 2        | 3           | 4                                     |
| 18. I lost a lot of weight without trying to. ( <a href="#">lost_weight_without_trying</a> )            | 0                                      | 1           | 2        | 3           | 4                                     |
| 19. I had a lot of trouble getting to sleep. ( <a href="#">trouble_getting_to_sleep</a> )               | 0                                      | 1           | 2        | 3           | 4                                     |
| 20. I could not focus on the important things. ( <a href="#">could_not_focus</a> )                      | 0                                      | 1           | 2        | 3           | 4                                     |