

Feelings Scale (CES-D)

Grade 1/Year 2

Fast Track Project Technical Report

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Citation

Instrument

National Institutes of Mental Health (NIMH). *Center for Epidemiologic Studies Depression Scale*. Available from NIMH, 6001 Executive Boulevard, Room 8184, MSC 9663, Bethesda, MD 20892-9663, (301)443-4513. E-mail: nimhinfo@nih.gov

Radloff, L S. (1977). The CES-D scale: a self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1, 385-401.

Reports

Corrigan, A. (2002). *Feelings Scale (CES-D) First Grade/Year 2* (Fast Track Project Technical Report). Available from the Fast Track Project Web site, <http://www.fasttrackproject.org>

Miller-Johnson, S. & Maumary-Gremaud, A. (1995). *Feelings Scale* (Fast Track Project Technical Report). Durham, NC: Duke University.

Data Sources

Unscored: P2D

Scored: FSC2

I. Scale Description

The Feelings Scale (Center for Epidemiologic Studies Depression Scale) is a 20-item self-report measure that assesses symptoms of depression in the general population (Radloff, 1977).

Each of the twenty items on the scale states an experience related to depression that the respondent may have had. Sixteen of the items express negative experiences, e.g., "I did not feel like eating; my appetite was poor," and four items express positive experiences, e.g., "I felt that I was as good as other people." Responses are coded on a four-point Likert scale and include: "Rarely, or none of the time (less than 1 day)," "Some or a little of the time (1-2 days)," "Occasionally or a moderate amount of time (3-4 days)" and "Most or all of the time (5-7 days)." For each item, the respondent selects the value (1, 2, 3 or 4) that best describes how frequently the experience occurred during the previous week.

II. Report Sample

This report contains data collected on Cohort 1, Year 2. The data include a high-risk control sample (n=155) and a normative sample (n = 387) for a total n = 463, including overlap.

Thirty-one of the 463 are missing responses for the entire scale, including 24 normative students (three from Durham, twelve from Washington, three from Pennsylvania, and six from Nashville) and eight control students (four from Washington and four from Durham). Three additional students (one from Pennsylvania and two from Washington) are missing responses for individual scale items.

III. Scaling

A total score is calculated as the sum of responses to the 20 items.¹ Total scores on the Feelings Scale range between 0 - 60. In addition, a dichotomous score ("0" = non-depressed, "1" = depressed) is formed using a clinical cutoff of 16 on the total score. Respondents with a total score at or above the clinical cutoff receive a "1" to indicate elevated levels of depression symptoms. If more than 10 items on a measure are missing responses (i.e., 50%), a total score is not calculated. Measures with all responses missing are not scored.

The Feelings Scale does not contain subscales. In the original study, Ratloff (1977) reported high internal consistency among items (ranging from .84 to .90). Because of the high internal consistency, the author of the original study recommended using the total score. A later study (Miller-Johnson & Maumary-Gremaud, 1995) also reported high internal consistency among the 20 items, and again recommended use of the total score.

The alpha coefficients for the normative sample and control sample are:

| | Normative Sample | Control Sample |
|-----------------------|------------------|----------------|
| Feelings Scale | .892 | .901 |

IV. Differences Between Groups

T-tests of means on the total depression score between the normative and control samples yielded a significant t value.

| | Normative Sample | | Control Sample | | DF | t Value | Pr > t |
|------------------------------------|------------------|------|----------------|-------|-----|---------|---------|
| | Mean | SD | Mean | SD | | | |
| Feelings Scale –Total Score | 11.97 | 9.39 | 16.99 | 11.26 | 430 | 4.90 | <.0001 |

¹ Codes for the four positive item responses are inverted before the 20 items are summed.

The frequency distribution of the Depression score among the high-risk control and normative samples is:

| Table of Depression Score by Group | | | |
|------------------------------------|--------------------------|--------------|-------|
| Depression Score | Sample | | Total |
| Frequency Col Pct | Control | Normative | |
| 0 | 79 53.74 ^a | 204 71.58 | 283 |
| 1 | 68 46.26 | 81 28.42 | 149 |
| Total | 147 | 285 | 432 |

^aColumn Percentage

With χ^2 (1, N = 432) = 13.66, $p < 0.002$, the hypothesis of independence between risk category (Normative or High-Risk Control) and diagnosis of Depression is rejected for these data.

V. Recommendations for Use

The total score on 20 items should be used to estimate depression. Although the Feelings Scale has no subscales, in their 1995 study, Miller-Johnson & Maumary-Gremaud noted that if an estimate of a respondent's feelings of social rejection is needed, items 15 and 19 can be used together. However, they also reported a somewhat low reliability (0.58) for the items.

VI. Item and Scale Means and SDs

Means and Standard Deviations for Feelings Scale Cohort 1, Year 2, Normative Sample

| Variable | Label | Mean | N | Std Dev | Minimum | Maximum |
|----------|---|-------|-----|---------|---------|---------|
| P2DFS1 | Were you bothered by things | 0.92 | 363 | 0.87 | 0 | 3.00 |
| P2DFS2 | You did not feel like eating | 0.79 | 363 | 0.94 | 0 | 3.00 |
| P2DFS3 | Cannot shake off the blues | 0.64 | 362 | 0.92 | 0 | 3.00 |
| p2sfs4r | Reversed-Feel you were just as good as others | 0.60 | 363 | 0.95 | 0 | 3.00 |
| P2DFS5 | Have trouble keeping your mind on things | 0.99 | 363 | 1.00 | 0 | 3.00 |
| P2DFS6 | Did you feel depressed | 0.74 | 363 | 0.97 | 0 | 3.00 |
| P2DFS7 | Feel everything you did was an effort | 1.41 | 363 | 1.15 | 0 | 3.00 |
| p2sfs8r | Reversed-Feel hopeful about the future | 0.66 | 363 | 0.87 | 0 | 3.00 |
| P2DFS9 | Think your life had been a failure | 0.38 | 363 | 0.75 | 0 | 3.00 |
| P2DFS10 | Did you feel fearful | 0.39 | 363 | 0.73 | 0 | 3.00 |
| P2DFS11 | Was your sleep restless | 0.94 | 363 | 1.03 | 0 | 3.00 |
| p2sfs12r | Reversed-Were you happy | 0.62 | 363 | 0.80 | 0 | 3.00 |
| P2DFS13 | Did you talk less than usual | 0.70 | 363 | 0.92 | 0 | 3.00 |
| P2DFS14 | Did you feel lonely | 0.56 | 363 | 0.83 | 0 | 3.00 |
| P2DFS15 | Were people unfriendly | 0.44 | 362 | 0.81 | 0 | 3.00 |
| p2sfs16r | Reversed-Did you enjoy life | 0.45 | 362 | 0.77 | 0 | 3.00 |
| P2DFS17 | Did you have crying spells | 0.33 | 363 | 0.69 | 0 | 3.00 |
| P2DFS18 | Did you feel sad | 0.61 | 363 | 0.78 | 0 | 3.00 |
| P2DFS19 | Did you feel that people dislike you | 0.31 | 363 | 0.66 | 0 | 3.00 |
| P2DFS20 | Did you feel you could not get going | 0.82 | 363 | 0.95 | 0 | 3.00 |
| fsc2dps | Total Depression Score | 13.30 | 363 | 10.07 | 0 | 48.00 |

Means and Standard Deviations for Feelings Scale Cohort 1, Year 2, Control Sample

| Variable | Label | Mean | N | Std Dev | Minimum | Maximum |
|----------|---|-------|-----|---------|---------|---------|
| P2DFS1 | Were you bothered by things | 1.13 | 147 | 0.92 | 0 | 3.00 |
| P2DFS2 | You did not feel like eating | 0.88 | 147 | 0.97 | 0 | 3.00 |
| P2DFS3 | Cannot shake off the blues | 0.82 | 147 | 1.02 | 0 | 3.00 |
| p2sfs4r | Reversed-Feel you were just as good as others | 0.72 | 147 | 0.98 | 0 | 3.00 |
| P2DFS5 | Have trouble keeping your mind on things | 1.102 | 147 | 1.02 | 0 | 3.00 |
| P2DFS6 | Did you feel depressed | 0.97 | 147 | 1.05 | 0 | 3.00 |
| P2DFS7 | Feel everything you did was an effort | 1.49 | 147 | 1.15 | 0 | 3.00 |
| p2sfs8r | Reversed-Feel hopeful about the future | 0.93 | 147 | 0.98 | 0 | 3.00 |
| P2DFS9 | Think your life had been a failure | 0.48 | 147 | 0.80 | 0 | 3.00 |
| P2DFS10 | Did you feel fearful | 0.59 | 147 | 0.88 | 0 | 3.00 |
| P2DFS11 | Was your sleep restless | 1.12 | 147 | 1.09 | 0 | 3.00 |
| p2sfs12r | Reversed-Were you happy | 0.90 | 147 | 0.90 | 0 | 3.00 |
| P2DFS13 | Did you talk less than usual | 0.82 | 147 | 0.94 | 0 | 3.00 |
| P2DFS14 | Did you feel lonely | 0.81 | 147 | 0.96 | 0 | 3.00 |
| P2DFS15 | Were people unfriendly | 0.53 | 147 | 0.87 | 0 | 3.00 |
| p2sfs16r | Reversed-Did you enjoy life | 0.69 | 147 | 0.93 | 0 | 3.00 |
| P2DFS17 | Did you have crying spells | 0.57 | 147 | 0.89 | 0 | 3.00 |
| P2DFS18 | Did you feel sad | 0.88 | 147 | 0.90 | 0 | 3.00 |
| P2DFS19 | Did you feel that people dislike you | 0.49 | 147 | 0.83 | 0 | 3.00 |
| P2DFS20 | Did you feel you could not get going | 1.04 | 147 | 0.96 | 0 | 3.00 |
| fsc2dps | Total Depression Score | 16.99 | 147 | 11.26 | 0 | 50.00 |

VII. Item and Scale Correlations

Feelings Scale - Item Correlations Combined Normative and Control Sample

| | Pearson Correlation Coefficients, N = 429 | | | | | | | | | | |
|--|---|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | Prob > r under H0: Rho=0 | | | | | | | | | | |
| | P2DFS1 | P2DFS2 | P2DFS3 | p2sfs4r | P2DFS5 | P2DFS6 | P2DFS7 | p2sfs8r | P2DFS9 | P2DFS10 | P2DFS11 |
| P2DFS1 Were you bothered by things | 1.00000 | 0.34713 <.0001 | 0.52507 <.0001 | 0.15316 0.0015 | 0.33183 <.0001 | 0.45734 <.0001 | 0.24863 <.0001 | 0.17262 0.0003 | 0.30902 <.0001 | 0.39161 <.0001 | 0.38247 <.0001 |
| P2DFS2 You did not feel like eating | 0.34713 <.0001 | 1.00000 | 0.46895 <.0001 | 0.10150 0.0356 | 0.33098 <.0001 | 0.38360 <.0001 | 0.27962 <.0001 | 0.18136 0.0002 | 0.26840 <.0001 | 0.31146 <.0001 | 0.40868 <.0001 |
| P2DFS3 Cannot shake off the blues | 0.52507 <.0001 | 0.46895 <.0001 | 1.00000 | 0.19245 <.0001 | 0.41312 <.0001 | 0.61943 <.0001 | 0.30954 <.0001 | 0.26203 <.0001 | 0.41821 <.0001 | 0.49194 <.0001 | 0.40041 <.0001 |
| p2sfs4r Reversed-Feel you were just as good as others | 0.15316 0.0015 | 0.10150 0.0356 | 0.19245 <.0001 | 1.00000 | 0.13179 0.0063 | 0.20409 <.0001 | 0.04117 0.3950 | 0.20734 <.0001 | 0.29570 <.0001 | 0.23411 <.0001 | 0.08146 0.0920 |
| P2DFS5 Have trouble keeping your mind on things | 0.33183 <.0001 | 0.33098 <.0001 | 0.41312 <.0001 | 0.13179 0.0063 | 1.00000 | 0.44253 <.0001 | 0.31212 <.0001 | 0.19892 <.0001 | 0.30186 <.0001 | 0.34716 <.0001 | 0.31671 <.0001 |
| P2DFS6 Did you feel depressed | 0.45734 <.0001 | 0.38360 <.0001 | 0.61943 <.0001 | 0.20409 <.0001 | 0.44253 <.0001 | 1.00000 | 0.29101 <.0001 | 0.30346 <.0001 | 0.47539 <.0001 | 0.44101 <.0001 | 0.42856 <.0001 |
| P2DFS7 Feel everything you did was an effort | 0.24863 <.0001 | 0.27962 <.0001 | 0.30954 <.0001 | 0.04117 0.3950 | 0.31212 <.0001 | 0.29101 <.0001 | 1.00000 | 0.03464 0.4743 | 0.29953 <.0001 | 0.23688 <.0001 | 0.23291 <.0001 |
| p2sfs8r Reversed-Feel hopeful about the future | 0.17262 0.0003 | 0.18136 0.0002 | 0.26203 <.0001 | 0.20734 <.0001 | 0.19892 <.0001 | 0.30346 <.0001 | 0.03464 0.4743 | 1.00000 | 0.25364 <.0001 | 0.25345 <.0001 | 0.15177 0.0016 |
| P2DFS9 Think your life had been a failure | 0.30902 <.0001 | 0.26840 <.0001 | 0.41821 <.0001 | 0.29570 <.0001 | 0.30186 <.0001 | 0.47539 <.0001 | 0.29953 <.0001 | 0.25364 <.0001 | 1.00000 | 0.49557 <.0001 | 0.29759 <.0001 |
| P2DFS10 Did you feel fearful | 0.39161 <.0001 | 0.31146 <.0001 | 0.49194 <.0001 | 0.23411 <.0001 | 0.34716 <.0001 | 0.44101 <.0001 | 0.23688 <.0001 | 0.25345 <.0001 | 0.49557 <.0001 | 1.00000 | 0.29245 <.0001 |
| P2DFS11 Was your sleep restless | 0.38247 <.0001 | 0.40868 <.0001 | 0.40041 <.0001 | 0.08146 0.0920 | 0.31671 <.0001 | 0.42856 <.0001 | 0.23291 <.0001 | 0.15177 0.0016 | 0.29759 <.0001 | 0.29245 <.0001 | 1.00000 |
| p2sfs12r Reversed-Were you happy | 0.31858 <.0001 | 0.27125 <.0001 | 0.39881 <.0001 | 0.25532 <.0001 | 0.23983 <.0001 | 0.41876 <.0001 | 0.21621 <.0001 | 0.42339 <.0001 | 0.37983 <.0001 | 0.36581 <.0001 | 0.26627 <.0001 |
| P2DFS13 Did you talk less than usual | 0.34827 <.0001 | 0.29755 <.0001 | 0.38617 <.0001 | 0.19819 <.0001 | 0.30887 <.0001 | 0.38987 <.0001 | 0.29057 <.0001 | 0.26217 <.0001 | 0.34177 <.0001 | 0.31664 <.0001 | 0.28026 <.0001 |
| P2DFS14 Did you feel lonely | 0.28308 <.0001 | 0.33391 <.0001 | 0.42425 <.0001 | 0.20821 <.0001 | 0.27579 <.0001 | 0.52799 <.0001 | 0.16646 0.0005 | 0.24110 <.0001 | 0.42337 <.0001 | 0.39821 <.0001 | 0.36157 <.0001 |
| P2DFS15 Were people unfriendly | 0.23344 <.0001 | 0.17737 0.0002 | 0.27931 <.0001 | 0.17014 0.0004 | 0.19783 <.0001 | 0.28456 <.0001 | 0.19915 <.0001 | 0.09719 0.0442 | 0.20522 <.0001 | 0.22253 <.0001 | 0.22249 <.0001 |
| p2sfs16r Reversed-Did you enjoy life | 0.20718 <.0001 | 0.20498 <.0001 | 0.30291 <.0001 | 0.21889 <.0001 | 0.20704 <.0001 | 0.37947 <.0001 | 0.12533 0.0094 | 0.44710 <.0001 | 0.27421 <.0001 | 0.27225 <.0001 | 0.19490 <.0001 |
| P2DFS17 Did you have crying spells | 0.40469 <.0001 | 0.37201 <.0001 | 0.54170 <.0001 | 0.19419 <.0001 | 0.27724 <.0001 | 0.55689 <.0001 | 0.26328 <.0001 | 0.22863 <.0001 | 0.41746 <.0001 | 0.46738 <.0001 | 0.36859 <.0001 |
| P2DFS18 Did you feel sad | 0.49097 <.0001 | 0.38587 <.0001 | 0.59375 <.0001 | 0.21189 <.0001 | 0.33898 <.0001 | 0.66209 <.0001 | 0.24272 <.0001 | 0.28925 <.0001 | 0.44047 <.0001 | 0.49162 <.0001 | 0.43389 <.0001 |
| P2DFS19 Did you feel that people dislike you | 0.25332 <.0001 | 0.12035 0.0126 | 0.24262 <.0001 | 0.27633 <.0001 | 0.18516 0.0001 | 0.28892 <.0001 | 0.19090 <.0001 | 0.20458 <.0001 | 0.38242 <.0001 | 0.33449 <.0001 | 0.16561 0.0006 |
| P2DFS20 Did you feel you could not get going | 0.34937 <.0001 | 0.32553 <.0001 | 0.43189 <.0001 | 0.15619 0.0012 | 0.33543 <.0001 | 0.42756 <.0001 | 0.38876 <.0001 | 0.20735 <.0001 | 0.37699 <.0001 | 0.29377 <.0001 | 0.38079 <.0001 |

**Feelings Scale - Item Correlations (continued)
Combined Normative and Control Sample**

| Pearson Correlation Coefficients, N = 429 Prob > r under H0: Rho=0 | | | | | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | p2sfs12 r | P2DFS13 | P2DFS14 | P2DFS15 | p2sfs16 r | P2DFS17 | P2DFS18 | P2DFS19 | P2DFS20 |
| P2DFS1 Were you bothered by things | 0.31858 <.0001 | 0.34827 <.0001 | 0.28308 <.0001 | 0.23344 <.0001 | 0.20718 <.0001 | 0.40469 <.0001 | 0.49097 <.0001 | 0.25332 <.0001 | 0.34937 <.0001 |
| P2DFS2 You did not feel like eating | 0.27125 <.0001 | 0.29755 <.0001 | 0.33391 <.0001 | 0.17737 0.0002 | 0.20498 <.0001 | 0.37201 <.0001 | 0.38587 <.0001 | 0.12035 0.0126 | 0.32553 <.0001 |
| P2DFS3 Cannot shake off the blues | 0.39881 <.0001 | 0.38617 <.0001 | 0.42425 <.0001 | 0.27931 <.0001 | 0.30291 <.0001 | 0.54170 <.0001 | 0.59375 <.0001 | 0.24262 <.0001 | 0.43189 <.0001 |
| p2sfs4r Reversed-Feel you were just as good as others | 0.25532 <.0001 | 0.19819 <.0001 | 0.20821 <.0001 | 0.17014 0.0004 | 0.21889 <.0001 | 0.19419 <.0001 | 0.21189 <.0001 | 0.27633 <.0001 | 0.15619 0.0012 |
| P2DFS5 Have trouble keeping your mind on things | 0.23983 <.0001 | 0.30887 <.0001 | 0.27579 <.0001 | 0.19783 <.0001 | 0.20704 <.0001 | 0.27724 <.0001 | 0.33898 <.0001 | 0.18516 0.0001 | 0.33543 <.0001 |
| P2DFS6 Did you feel depressed | 0.41876 <.0001 | 0.38987 <.0001 | 0.52799 <.0001 | 0.28456 <.0001 | 0.37947 <.0001 | 0.55689 <.0001 | 0.66209 <.0001 | 0.28892 <.0001 | 0.42756 <.0001 |
| P2DFS7 Feel everything you did was an effort | 0.21621 <.0001 | 0.29057 <.0001 | 0.16646 0.0005 | 0.19915 <.0001 | 0.12533 0.0094 | 0.26328 <.0001 | 0.24272 <.0001 | 0.19090 <.0001 | 0.38876 <.0001 |
| p2sfs8r Reversed-Feel hopeful about the future | 0.42339 <.0001 | 0.26217 <.0001 | 0.24110 <.0001 | 0.09719 0.0442 | 0.44710 <.0001 | 0.22863 <.0001 | 0.28925 <.0001 | 0.20458 <.0001 | 0.20735 <.0001 |
| P2DFS9 Think your life had been a failure | 0.37983 <.0001 | 0.34177 <.0001 | 0.42337 <.0001 | 0.20522 <.0001 | 0.27421 <.0001 | 0.41746 <.0001 | 0.44047 <.0001 | 0.38242 <.0001 | 0.37699 <.0001 |
| P2DFS10 Did you feel fearful | 0.36581 <.0001 | 0.31664 <.0001 | 0.39821 <.0001 | 0.22253 <.0001 | 0.27225 <.0001 | 0.46738 <.0001 | 0.49162 <.0001 | 0.33449 <.0001 | 0.29377 <.0001 |
| P2DFS11 Was your sleep restless | 0.26627 <.0001 | 0.28026 <.0001 | 0.36157 <.0001 | 0.22249 <.0001 | 0.19490 <.0001 | 0.36859 <.0001 | 0.43389 <.0001 | 0.16561 0.0006 | 0.38079 <.0001 |
| p2sfs12r Reversed-Were you happy | 1.00000 | 0.22343 <.0001 | 0.37432 <.0001 | 0.20096 <.0001 | 0.56641 <.0001 | 0.39771 <.0001 | 0.42899 <.0001 | 0.26934 <.0001 | 0.30686 <.0001 |
| P2DFS13 Did you talk less than usual | 0.22343 <.0001 | 1.00000 | 0.32334 <.0001 | 0.17077 0.0004 | 0.16732 0.0005 | 0.32404 <.0001 | 0.34936 <.0001 | 0.27674 <.0001 | 0.28730 <.0001 |
| P2DFS14 Did you feel lonely | 0.37432 <.0001 | 0.32334 <.0001 | 1.00000 | 0.15923 0.0009 | 0.30651 <.0001 | 0.48575 <.0001 | 0.56535 <.0001 | 0.23434 <.0001 | 0.32071 <.0001 |
| P2DFS15 Were people unfriendly | 0.20096 <.0001 | 0.17077 0.0004 | 0.15923 0.0009 | 1.00000 | 0.15471 0.0013 | 0.23775 <.0001 | 0.25679 <.0001 | 0.41821 <.0001 | 0.21310 <.0001 |
| p2sfs16r Reversed-Did you enjoy life | 0.56641 <.0001 | 0.16732 0.0005 | 0.30651 <.0001 | 0.15471 0.0013 | 1.00000 | 0.32005 <.0001 | 0.39135 <.0001 | 0.15090 0.0017 | 0.24636 <.0001 |
| P2DFS17 Did you have crying spells | 0.39771 <.0001 | 0.32404 <.0001 | 0.48575 <.0001 | 0.23775 <.0001 | 0.32005 <.0001 | 1.00000 | 0.73386 <.0001 | 0.29890 <.0001 | 0.37138 <.0001 |
| P2DFS18 Did you feel sad | 0.42899 <.0001 | 0.34936 <.0001 | 0.56535 <.0001 | 0.25679 <.0001 | 0.39135 <.0001 | 0.73386 <.0001 | 1.00000 | 0.35554 <.0001 | 0.39892 <.0001 |
| P2DFS19 Did you feel that people dislike you | 0.26934 <.0001 | 0.27674 <.0001 | 0.23434 <.0001 | 0.41821 <.0001 | 0.15090 0.0017 | 0.29890 <.0001 | 0.35554 <.0001 | 1.00000 | 0.27169 <.0001 |
| P2DFS20 Did you feel you could not get going | 0.30686 <.0001 | 0.28730 <.0001 | 0.32071 <.0001 | 0.21310 <.0001 | 0.24636 <.0001 | 0.37138 <.0001 | 0.39892 <.0001 | 0.27169 <.0001 | 1.00000 |