



Assessment Report

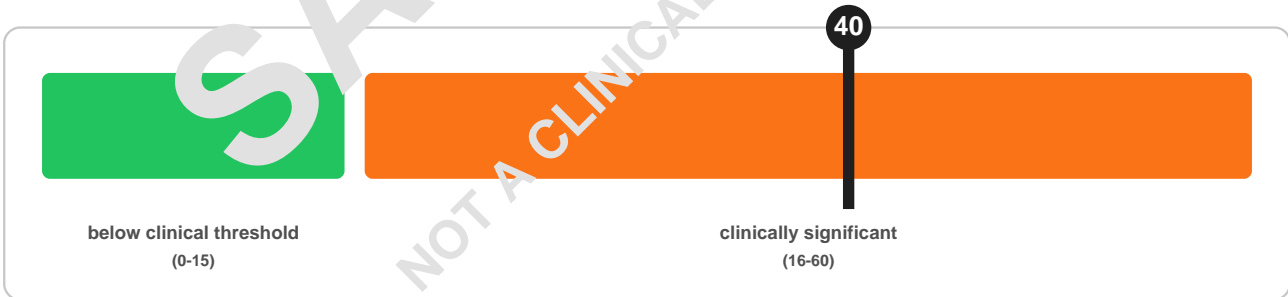
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

CES-D-R — Center for Epidemiologic Studies Depression Scale - Revised

A 20-item measure of depression symptoms based on DSM-5 criteria, revision of the original NIMH CES-D

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 40, clinically significant, as per the CES-D-R author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The Center for Epidemiologic Studies Depression Scale — Revised (CES-D-R) is a 20-item self-report measure of depressive symptom severity, updated to align with DSM-5 criteria. It assesses nine symptom groups including sadness, loss of interest, appetite, sleep, thinking/concentration, guilt, fatigue, agitation, and suicidal ideation. It is particularly strong for identifying depression in community and population-based samples.

Origins & Development

The original CES-D was developed by Lenore Radloff at the National Institute of Mental Health (NIMH) in 1977. It became one of the most widely used depression measures in epidemiological research. The revised version (CES-D-R) was published by Eaton et al. (2004) to update the scale for DSM-IV/5 concordance, improve measurement of suicidality, and modernise outdated item wording.

Australian Context

Used in major Australian epidemiological studies including the Australian Longitudinal Study on Women's Health (ALSWH) and various Longitudinal Study of Australian Children (LSAC) analyses. It is a common research measure in Australian university psychology departments. Its strength in community screening makes it relevant for Australian population health surveys.

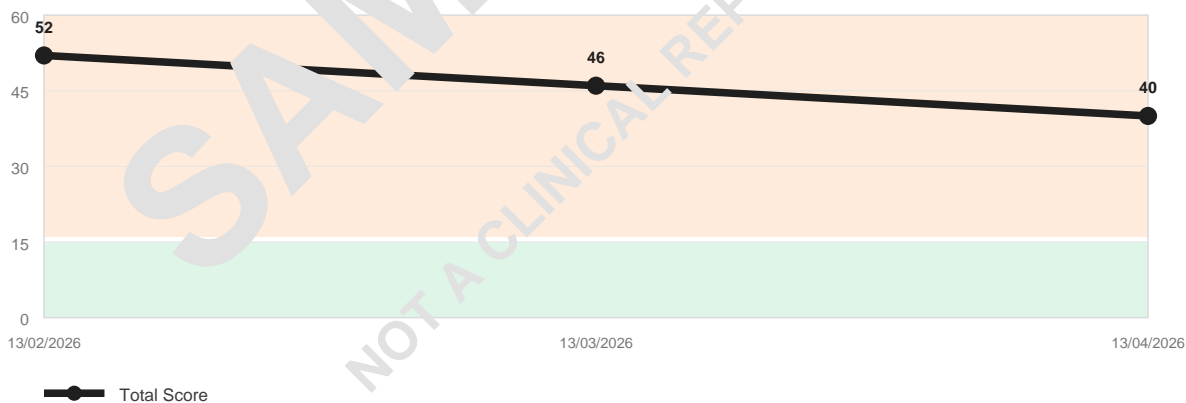


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SCORE HISTORY

Date	Score	Severity
13/02/2026	52	clinically significant
13/03/2026	46	clinically significant
13/04/2026	40	clinically significant

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all or Less than 1 day	1-2 days	3-4 days	5-7 days	Nearly every day for 2 weeks
1	My appetite was poor	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I could not shake off the blues	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I had trouble keeping my mind on what I was doing	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I felt depressed	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	My sleep was restless	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I felt sad	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I could not get going	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Nothing made me happy	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I felt like a bad person	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I lost interest in my usual activities	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I slept much more than usual	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I felt like I was moving too slowly	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I felt fidgety	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I wished I were dead	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I wanted to hurt myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>



Assessment Report

#	Statement	Not at all or Less than 1 day	1-2 days	3-4 days	5-7 days	Nearly every day for 2 weeks
16	I was tired all the time	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I did not like myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I lost a lot of weight without trying to	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I had a lot of trouble getting to sleep	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I could not focus on the important things	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

- Eaton WW, Smith-Laittan J, Garraffo A, Muntaner C, Tien A. Center for Epidemiologic Studies Depression Scale: review and revision (CESD and CESD-R). In: Maruish ME, ed. The Use of Psychological Testing for Treatment Planning and Outcomes Assessment. 3rd ed. Mahwah, NJ: Lawrence Erlbaum; 2004:363-377.
- Radloff LS. The CES-D scale: a self-report depression scale for research in the general population. Appl Psychol Meas. 1977;1(3):385-401.
- Van Dam NT, Earleywine M. Validation of the Center for Epidemiologic Studies Depression Scale—Revised (CESD-R): pragmatic depression assessment in the general population. Psychiatry Res. 2011;186(1):128-132.
- Crawford JR, Cayley C, Lovibond PF, Wilson PH, Hartley C. Percentile norms and accompanying interval estimates from an Australian general adult population sample for self-report mood scales (BAI, BDI, CRSD, CES-D, DASS, DASS-21, STAI-X, STAI-Y, SRDS, and SRAS). Aust Psychol. 2011;46(1):3-14. doi:10.1111/j.1742-9544.2010.00003.x.

ACKNOWLEDGEMENT & LICENSING

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