

S1 Instrument

流行病學研究中心抑鬱量表The Center for Epidemiologic Studies Depression Scale (CES-D)

以下句子描述一些自我感覺或行為。請圈出最接近您過去一週的狀況。

Below is a list of some of the ways you may have felt or behaved. Please indicate how often you have felt this way during the **past week**: (*circle one number on each line*)

<u>過去一週</u> During the past week...	很少或 完全沒有 Rarely or none of the time (少過 1 日) (Less than 1 day)	有幾天 Some or a little of the time (持續 1-2 日) (1-2 days)	間中或 一半時間 Occasional or moderate amount of time (持續 3-4 日) (3-4 days)	經常或 近乎每天 Most or all of the time (持續 5-7 日) (5-7 days)
1. 我被一些平時不會困擾我的事情困擾 I was bothered by things that usually don't bother me	0	1	2	3
2. 我不想吃東西，我的胃口很差 I did not feel like eating; my appetite was poor	0	1	2	3
3. 即使有家人和朋友的幫忙，我仍然 覺得憂鬱 I felt that I could not shake off the blues even with help from my family	0	1	2	3
4. 我覺得我不比其他人差 I felt that I was just as good as other people	0	1	2	3
5. 我很難集中精神工作 I had trouble keeping my mind on what I was doing	0	1	2	3
6. 我覺得情緒低落 I felt depressed	0	1	2	3
7. 我覺得我做每件事情都很吃力 I felt that everything I did was an effort	0	1	2	3
8. 我對將來抱有希望 I felt hopeful about the future	0	1	2	3
9. 我覺得自己一生很失敗 I thought my life had been a failure	0	1	2	3

10. 我覺得恐懼 I felt fearful	0	1	2	3
11. 我睡眠不安寧 My sleep was restless	0	1	2	3
12. 我很開心 I was happy	0	1	2	3
13. 我比平時少說話 I talked less than usual	0	1	2	3
14. 我覺得孤獨 I felt lonely	0	1	2	3
15. 我覺得其他人不友善 People were unfriendly	0	1	2	3
16. 我很享受生活 I enjoyed life	0	1	2	3
17. 我會經常無故哭泣 I had crying spells	0	1	2	3
18. 我覺得不開心 I felt sad	0	1	2	3
19. 我覺得其他人不喜歡我 I felt that people disliked me	0	1	2	3
20. 我提不起勁 I could not get "going"	0	1	2	3