

Depression Screening (CES-D)

Neurodevelopmental Screening Report

30

/ 60

Score

50%

Percentage

Moderate Depressive Symptoms

Result

Your score is in the 21-30 range, which clearly exceeds the clinical screening threshold for depression. This suggests meaningful depressive symptoms during the past week that

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	I was bothered by things that usually don't bother me. <input type="text" value="somatic"/>	Some or a little of the time (1-2 days)	1
2	I did not feel like eating; my appetite was poor. <input type="text" value="somatic"/>	Some or a little of the time (1-2 days)	1
3	I felt that I could not shake off the blues even with help from my family or friends. <input type="text" value="depressed_affect"/>	Some or a little of the time (1-2 days)	1
4	I felt that I was just as good as other people. <input type="text" value="positive_affect"/>	Some or a little of the time (1-2 days)	2
5	I had trouble keeping my mind on what I was doing. <input type="text" value="somatic"/>	Some or a little of the time (1-2 days)	1
6	I felt depressed. <input type="text" value="depressed_affect"/>	Some or a little of the time (1-2 days)	1
7	I felt that everything I did was an effort.	Occasionally or a moderate amount (3-4 days)	2

#	Question	Your answer	Pts
	somatic		
8	I felt hopeful about the future. positive_affect	Some or a little of the time (1-2 days)	2
9	I thought my life had been a failure. depressed_affect	Some or a little of the time (1-2 days)	1
10	I felt fearful. depressed_affect	Occasionally or a moderate amount (3-4 days)	2
11	My sleep was restless. somatic	Some or a little of the time (1-2 days)	1
12	I was happy. positive_affect	Some or a little of the time (1-2 days)	2
13	I talked less than usual. somatic	Some or a little of the time (1-2 days)	1
14	I felt lonely. depressed_affect	Some or a little of the time (1-2 days)	1
15	People were unfriendly. interpersonal	Some or a little of the time (1-2 days)	1
16	I enjoyed life. positive_affect	Some or a little of the time (1-2 days)	2
17	I had crying spells. depressed_affect	Some or a little of the time (1-2 days)	1
18	I felt sad. depressed_affect	Some or a little of the time (1-2 days)	1
19	I felt that people disliked me. interpersonal	Occasionally or a moderate amount (3-4 days)	2

#	Question	Your answer	Pts
2 0	I could not get "going." <input type="text" value="somatic"/>	Some or a little of the time (1-2 days)	1



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

This is a sample preview of the AI-powered narrative report you receive after completing the CESD screening. The full report is generated by Claude AI based on your specific answer pattern across every item, producing a personalized interpretation that goes well beyond the raw score. Your example score sits in the middle of the distribution, which means roughly half of respondents score higher and half score lower. This is a useful baseline for interpreting clinical thresholds: a score in this range is neither minimal nor clinically elevated, and the meaning depends heavily on context — your age, life circumstances, recent stressors, and the specific questions you endorsed most strongly. In a real report, this section would highlight the two or three items you rated highest and explain why they matter clinically. It would point to the validated cut-off for this instrument, compare your pattern to the relevant peer group, and discuss the most common reasons people score at your level. When subscale scores are available (for example, attention versus impulsivity, or social versus sensory dimensions), the narrative breaks down each cluster and identifies which one is driving your overall score. Practical recommendations follow: lifestyle adjustments backed by recent research, when to consider a professional evaluation, and which specialist is best placed to follow up — primary care, psychologist, psychiatrist, occupational therapist, or sleep clinic depending on the test. The report also lists the published reference for the instrument so you or your clinician can verify the methodology. This screening is not a diagnosis. It is a structured starting point for a conversation with a qualified professional.

Recommendations

Speaking with a mental health professional is strongly recommended. Evidence-based treatments for depression include cognitive-behavioural therapy (CBT), interpersonal therapy, behavioural activation, and — when appropriate — medication. Most people respond well to treatment. In the meantime, prioritise basics: regular sleep, gentle movement, nutrition, and contact with at least one supportive person each day.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.