

## **Abstract**

**Objectives:** To translate and validate the Sinhala version of the Centre for Epidemiological Studies Depression scale (CES-D) for diagnosing depression in out-patients.

**Design:** A combined qualitative and quantitative approach was used for the translation of the CES-D. Sample size was calculated to detect a targeted sensitivity and specificity of 85%. The sample consisted of 75 participants diagnosed with major depressive disorder according to DSM IV criteria and 75 gender matched controls. Criterion validity was assessed using receiver operating characteristic (ROC) analysis. The Structured Clinical Interview for DSM-IV (SCID-II) conducted by a psychiatrist was used as the gold standard.

**Results:** Mean age of the sample was 33 years. There were 91 females (60.7%). There was significant difference in the mean CES-D scores between cases (13.94) and controls (6.58) [ $t=14.50$ ,  $df=148$ ,  $p<0.001$ ]. A score of  $\geq 16$  gave a sensitivity of 84% and specificity of 92%. A score of  $\geq 21$  gave a sensitivity of 73.3% and specificity of 96%. The Cronbach's alpha was 0.93. The four items that were reverse coded had poor correlation with total scores. The average correlation coefficient for the reverse-scored items was 0.35 and for the rest of the items 0.63. Principal component analysis with oblique rotation identified four factors. Factor 1 corresponds to the "depressed affect" and "somatic complaints" in the original model proposed by Radloff. Factor 2 corresponds to the interpersonal concerns. Factors 3 and 4 loaded the reversed coded items.

**Conclusions:** The Sinhala version of the CES-D is a valid and reliable instrument for diagnosing major depressive disorder.