

ZUNG SELF-RATING DEPRESSION SCALE

Name _____ Age _____ Sex _____ Date _____

	None or little of the time	Some of the time	Good part of the time	Most of the time
1. I feel down-hearted and blue.				
2. Morning is when I feel the best.				
3. I have crying spells or feel like it.				
4. I have trouble sleeping at night.				
5. I eat as much as I used to.				
6. I still enjoy sex.				
7. I notice that I am losing weight.				
8. I have trouble with constipation.				
9. My heart beats faster than usual.				
10. I get tired for no reason.				
11. My mind is as clear as it used to be.				
12. I find it easy to do the things I used to.				
13. I am restless and can't keep still.				
14. I feel hopeful about the future.				
15. I am more irritable than usual.				
16. I find it easy to make decisions.				
17. I feel that I am useful and needed.				
18. My life is pretty full.				
19. I feel that others would be better off if I were dead.				
20. I still enjoy the things I used to do.				

SDS Raw Score _____

Key for scoring the Self-Rating Depression Scale (SDS)

SDS item number	None or little of the time	Some of the time	Good part of the time	Most of the time
1.	1	2	3	4
2.	4	3	2	1
3.	1	2	3	4
4.	1	2	3	4
5.	4	3	2	1
6.	4	3	2	1
7.	1	2	3	4
8.	1	2	3	4
9.	1	2	3	4
10.	1	2	3	4

SDS item number	None or little of the time	Some of the time	Good part of the time	Most of the time
11.	4	3	2	1
12.	4	3	2	1
13.	1	2	3	4
14.	4	3	2	1
15.	1	2	3	4
16.	4	3	2	1
17.	4	3	2	1
18.	4	3	2	1
19.	1	2	3	4
20.	4	3	2	1

SDS index and equivalent clinical global impressions:

Below 50.....Within normal range

50-59Minimal to mild depression

60-69Moderate to marked depression

70 and over.....Severe to extreme depression