

Zung Self-Rating Depression Scale (Zung SDS)

Identifier

Date

Please read each statement and select a response which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = None or a little of the time

1 = Some of the time

2 = A good part of the time

3 = 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

Depression

Severity Rating

| | Normal | Minimal to Mild | Moderate to Severe | Severe |
|-------------------|---------------|------------------------|---------------------------|---------------|
| Depression | Less than 50 | 50 - 59 | 60 - 69 | 70 or more |

The maximum score of the Zung SDS is 80. Lower scores are better. The Zung Self-Rating Depression Scale (Zung SDS) (Zung 1965) was developed as a self-rated measure of depression severity. The author intended the scale to be a quick and simple measure of symptoms. Items were selected to assess affective, cognitive, behavioural, and physiological aspects of depression on the basis of the diagnostic criteria for depression and studies available at the time (1965).

Although most DSM-IV symptom criteria are included, no items cover symptoms more common in atypical depressions, such as increased appetite (hyperphagia), weight gain, or sleeping to excess (hypersomnia). A revised version in the Early Clinical Drug Evaluation Program (ECDEU) manual (Guy, 1976) changed the wording of two items, added a rating of '0 = none of the time', and changed the time frame to the past week.

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Adapted from Zung, A self- rating depression scale, Arch Gen Psychiatry, 1965; 12: 63-70.

Zung Depression Scale [SDS] ECDEU version (1965). Zung, W.W. Sajatovic, M. & Ramirez, L.F . (2003). Rating scales in mental health. (2nd Ed.). Hudson OH, pp. 112-115.

ECDEU assessment manual for psychopharmacology (1976) Guy, W. Rockville, MD: U.S. National Institute of Health, Psychopharmacology Research Branch, 1976.