

# Zung Self-Rating Depression Scale

Patients Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Note: This scale is intended to screen for depression and rate the severity of depression at different points in time. It is not a diagnostic tool and should not be used as such.

Please read each statement and decide how much of the time the statement describes how you have been feeling during the past several days.

Circle a number from the columns below.

	A little of the time	Some of the time	Good part of the time	Most of the time
1. I feel down-hearted and blue.	1	2	3	4
2. Morning is when I feel the best.	4	3	2	1
3. I have crying spells or feel like it.	1	2	3	4
4. I have trouble sleeping at night.	1	2	3	4
5. I eat as much as I used to.	4	3	2	1
6. I still enjoy sex.	4	3	2	1
7. I notice that I am losing weight.	1	2	3	4
8. I have trouble with constipation.	1	2	3	4
9. My heart beats faster than usual.	1	2	3	4
10. I get tired for no reason.	1	2	3	4
11. My mind is as clear as it used to be.	4	3	2	1
12. I find it easy to do the things I used to do.	4	3	2	1
13. I am restless and can't keep still.	1	2	3	4
14. I feel hopeful about the future.	4	3	2	1
15. I am more irritable than usual.	1	2	3	4
16. I find it easy to make decisions.	4	3	2	1
17. I feel that I am useful and needed.	4	3	2	1
18. My life is pretty full.	4	3	2	1
19. I feel others would be better off if I were dead.	1	2	3	4
20. I still enjoy the things I used to do.	4	3	2	1

Add column scores for Total Score: \_\_\_\_\_ = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_

Most people with depression score between 50 and 69. The highest possible score is 80.

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

Carroll BJ, Fielding JM, Blashki, TG. Depression rating scales: a critical review. Arch Gen Psychiatry. 1973; 28:361-366.



**Specialty Behavioral Health**

www.sbh-sd.com