

Zung Self-Rating Depression Scale

ZUNG SELF-RATING DEPRESSION SCALE

For each item below, please check the column which best describes how often you felt or behaved this way during the past several days.

I feel downhearted and blue

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

Morning is when I feel the best

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I have crying spells or feel like crying

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I have trouble sleeping at night

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I eat as much as I used to

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I still enjoy sex

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I notice that I'm losing weight

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I have trouble with constipation

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

My heart beats faster than usual

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I get tired for no reason

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

My mind is as clear as it used to be

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I find it easy to do the things I used to

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I am restless and can't keep still

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I feel hopeful about the future

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I am more irritable than usual

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I find it easy to make decisions

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I feel that I am useful and needed

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

My life is pretty full

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I feel that others would be better off if I were dead

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time

I still enjoy the things I used to do

☐ A little of the time ☐ Some of the time ☐ Good part of the time ☐ Most of the time