

## Zung Self-Rating Depression Scale

For each statement below, please circle the number in the column that best represents how you have been feeling or behaving in the last several days.

Statement	A little of the time	Some of the time	A 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 that 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

Zung WW. (1965). A self-rating depression scale. *Archives of General Psychiatry* 12: 63-70.

Add up all of the numbers that were circled and consult the scale provided below:

The scores range from 25-100.

- ❖ 25-49 Normal Range
- ❖ 50-59 Mildly Depressed
- ❖ 60-69 Moderately Depressed
- ❖ 70 and above Severely Depressed

Provided to you by [Depression-Test.net](http://Depression-Test.net) for educational purposes only. If there is an indication that you might be depressed, please check out the site for additional information, tools and support.