

## Zung Depression Scale

Date: \_\_\_\_\_

Please read each statement and decide how much of the time the statement describes how you've been feeling during the past **2 weeks**. Respond to all statements.

<b>Make check mark (✓) in appropriate column.</b>	<b>A little of the time</b>	<b>Some of the time</b>	<b>Good part of the time</b>	<b>Most of the time</b>
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				

Adapted from: Zung, W.W. (1965). A Self-Rating Depression Scale. *Archives of General Psychiatry*, 12: 63-70.

## Scoring for Zung Depression Scale

Scoring Directions: 1) For each statement, look up your response and corresponding score (1-4). 2) Fill in the score for each statement under the last column labeled "Score." 3) Calculate your Total Score by adding up all 20 scores.

Statements	A little of the time	Some of the time	Good part of the time	Most of the time	Score
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	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	
<b>Total Score:</b>					

### Scoring Results:

50-69 = Most people who are depressed score in this range. 70+ = severe depression. (Highest total score is 80.) If your score indicates depression, see a health care/mental health professional for further evaluation and treatment. Bring these test results to your appointment.