

Zung Depression Inventory

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
1. I feel down hearted, blue and sad	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 through the night	1	2	3	4
5. I eat as much as I used to	4	3	2	1
6. I enjoy looking at, talking to and being with attractive women/men	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

Raw Score

Total SDS Index = _____ x 100

Maximum Score of 80

Zung Depression Inventory

SDS Index Equivalent Clinical Global Impression

Below 50 = Within normal range, no psychopathology

50-59 = Presence of minimal to mild depression

60-69 = Presence of moderate to marked depression

70 & over = Presence of severe to most extreme depression

It is useful to seek therapy and/or a medication evaluation if you score greater than 50
