

Zung Depression Inventory

ZUNG DEPRESSION INVENTORY

NAME: _____

AGE: _____

SEX: _____

DATE: _____

| | 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

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