

Zung Self-Rating Depression Scale (SDS)

Instructions: For each item below, place a check mark in the column which best describes how often you felt or behaved this way.

	Place check mark in correct column	A little of the time	Some of the time	Good part of the time	Most of the time
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.				