

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. | | | | |