

Appendix C

ZUNG SELF-RATING DEPRESSION SCALE

Patient's Name/Initials: _____

Date of Assessment: _____

Please read each statement and decide how much of the time the statement describes how you have been feeling during the **past several days**.

| Place a check mark in the appropriate column. | A little of the time | Some of the time | A 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. | | | | |

KEY TO SCORING THE ZUNG SELF-RATING DEPRESSION SCALE

Consult this key for the value (1-4) that correlates with the patient's responses to each statement. Add up the numbers for a total score. Most people with depression score between 50 and 69. The highest possible score is 80.

| Place a check mark in the appropriate column. | A little of the time | Some of the time | A good part of the time | Most of the time |
|--|----------------------|------------------|-------------------------|------------------|
| 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 |