



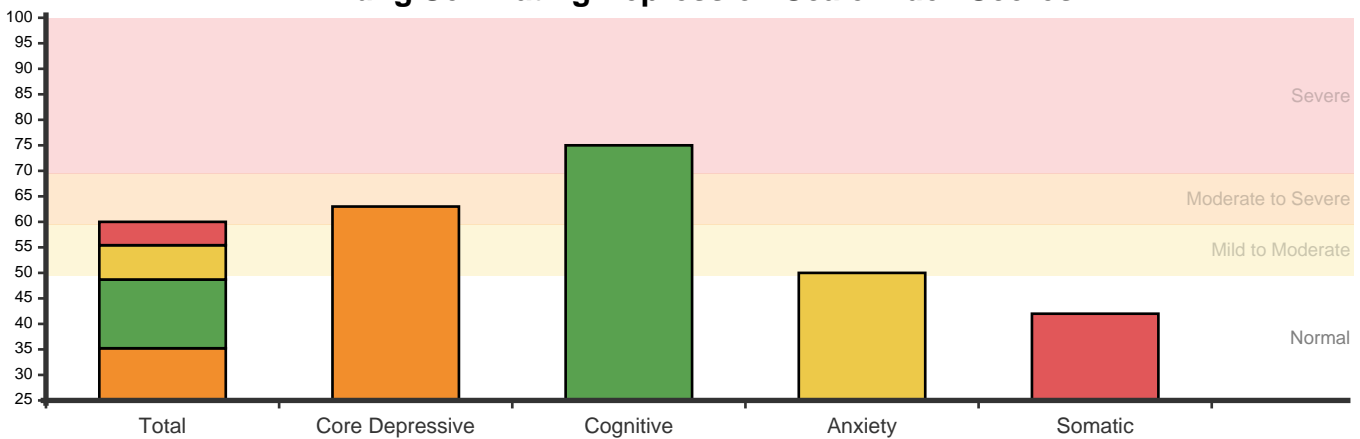
### Zung Self-Rating Depression Scale (ZUNG)

<b>Client Name</b>	Generic Client	<b>Date administered</b>	5 May 2025
<b>Date of birth (age)</b>	1 Jan 1990 (35)	<b>Time taken</b>	3 min 7s
<b>Assessor</b>	Dr Simon Baker		

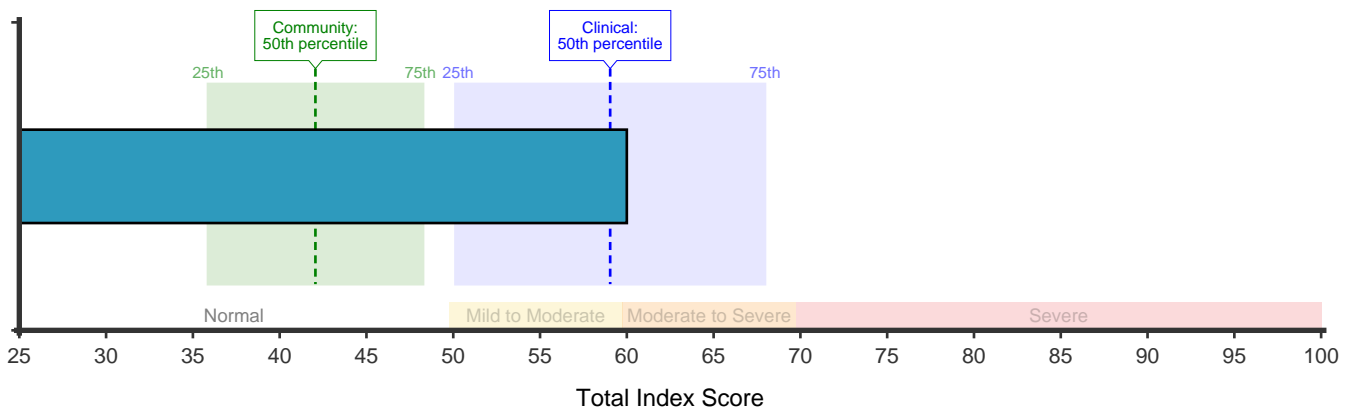
### Results

	Raw Score	Index Score (25-100)	Community Percentile	Descriptor
Total (20-80)	48	60	97.5	Moderate to Severe
Core Depressive (8-32)	20	63	-	Moderate to Severe
Cognitive (4-16)	12	75	-	Severe
Anxiety (3-12)	6	50	-	Mild to Moderate
Somatic (3-12)	5	42	-	Normal

### Zung Self-Rating Depression Scale Index Scores



### Zung Self-Rating Depression Scale Total Index Score Compared to Community and Clinical Samples





<b>Client Name</b>	Generic Client
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## Interpretation

The respondent's Zung Self-Rating Depression Scale (SDS) Total Index Score is 60, which is within the **Moderate to Severe** range. Their score is on the 97.5th percentile when compared to people aged 16 years and over in the general population. When compared to those presenting for treatment in mental health clinics, the respondent's score is on the 53rd percentile. A score in this range indicates that the respondent has been experiencing frequent depressive symptoms during the past several days at levels consistent with those presenting for treatment in mental health clinics.

The respondent's **Cognitive** subscale score is within the **Severe** range. This suggests the respondent is experiencing profound difficulties with thinking, concentration, decision-making, and mental energy. The respondent may find that their mind consistently feels confused or disorganised, that even simple tasks requiring minimal mental effort feel extremely difficult to complete, that making even basic decisions feels almost impossible at times, and that they almost always feel mentally fatigued. This may severely interfere with their ability to focus even on brief, simple tasks, follow basic conversations, or engage in activities requiring mental effort, and have a profound impact on their ability to function and quality of life. The items with the highest ratings were:

- 11. *My mind is as clear as it used to be (R) (A little of the time)*
- 12. *I find it easy to do the things I used to (R) (Some of the time)*
- 16. *I find it easy to make decisions (R) (Some of the time)*
- 10. *I get tired for no reason (Some of the time)*

The respondent's **Core Depressive** subscale score is within the **Moderate to Severe** range. This suggests the respondent is experiencing significant emotional or affective symptoms of depression, such as persistent sadness, markedly diminished interest or pleasure in activities, feelings of worthlessness, and diminished hope about the future. The respondent may regularly experience periods of crying or feeling tearful, little satisfaction in previously enjoyable activities, and feelings that they have little to contribute, and they may have occasional thoughts about death or that others would be better off without them. This may substantially interfere with their ability to function and can significantly impact their quality of life. The items with the highest ratings were:

- 14. *I feel hopeful about the future (R) (Some of the time)*
- 17. *I feel that I am useful and needed (R) (Some of the time)*
- 18. *My life is pretty full (R) (Some of the time)*
- 20. *I still enjoy the things I used to do. (R) (Some of the time)*
- 1. *I feel down-hearted and blue (Some of the time)*

The respondent's **Anxiety** subscale score is within the **Mild to Moderate** range. This suggests the respondent is experiencing mild to moderate symptoms of anxiety that commonly co-occur with depression, such as sleep disturbances, restlessness, and increased irritability. The respondent may have difficulty falling or staying asleep, feel physically tense or unable to sit still, and become annoyed or frustrated more easily than usual. These symptoms may interfere with the respondent's ability to relax, concentrate, and maintain positive relationships with others. The items with the highest ratings were:

- 15. *I am more irritable than usual (Good part of the time)*
- 4. *I have trouble sleeping at night (Some of the time)*



**Client Name** | Generic Client

## Scoring and Interpretation Information

For comprehensive information on the Zung Self-Rating Depression Scale (SDS), [see here](#).

The Zung Self-Rating Depression Scale (SDS) provides a Total Score reflecting the overall frequency with which the respondent has experienced depressive symptoms in the past “several days,” with higher scores indicating higher frequency.

The respondent’s Total Score is expressed as a Community Percentile based on normative data for people aged 16 years and over in the general population (Knight et al., 1983), contextualising their score relative to the typical scores of people aged 16 years and over overall. For example, the 50th percentile represents the typical/“Normal” level of depressive symptoms among people aged 16 years and over, while scores on the 90th percentile fall within the top 10% when compared to people aged 16 years and over and are indicative of “Mild to Moderate” depressive symptoms.

Scores are also provided for the four factors (subscales) identified by Romera and colleagues (2008):

- Core Depressive (Items 1, 3, 6, 14, 17, 18, 19, and 20), which primarily reflects emotional or affective symptoms of depression.
- Cognitive (Items 10, 11, 12, and 16), which reflects altered cognitive function including decreased concentration and speed of response.
- Anxiety (Items 4, 13, and 15), which captures symptoms commonly associated with anxiety disorders that frequently co-occur with depression.
- Somatic (Items 5, 7, and 9), which addresses physical manifestations of depression.

The scoring approach uses qualitative descriptors to categorise the Total Score and subscale scores. Each descriptor corresponds to a specific range of Index Scores (Zung, 1973). An Index Score is calculated by dividing the Raw Score by the maximum possible Raw Score on the scale/subscale, and multiplying by 100. This standardises the scores and enables direct comparisons between subscales. The descriptors and corresponding Index Score ranges are as follows.

- “Normal” - Index Score between 25 and 49
- “Mild to Moderate” - Index Score between 50 and 59
- “Moderate to Severe” - Index Score between 60 and 69
- “Severe” - Index Score between 70 and 100

On first administration, a graph is presented showing the respondent’s Total Index Score and Index Score for each subscale.

If administered more than once, longitudinal graphs are presented for the respondent’s Total and subscale Index Scores, which is useful for monitoring any changes in depressive symptoms over time and treatment progress and outcomes.



**Client Name** | Generic Client

### Scoring and Interpretation Information (cont.)

A graph is also presented comparing the respondent's Total Index Score to the normative distribution of Zung SDS scores among 1,125 people aged 16 years and over in the general population and 1,049 clients of a psychiatric outpatient clinic, with shaded areas corresponding to scores between the 25th and 75th percentile (Holmes et al., 1988; Knight et al., 1983). This graph contextualises the respondent's score relative to the typical level of depressive symptoms among people aged 16 years and over overall and those presenting for treatment in mental health clinics.

### Client Responses

		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	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



**Client Name** | Generic Client

### Client Responses (cont.)

		A little of the time	Some of the time	Good part of the time	Most of the time
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



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## Full Results

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