



Zung Self-Rating Depression Scale (ZUNG)

Instructions:

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

		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
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



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

Developer Reference:

Zung, W.W. (1965). A self-rating depression scale. Archives of General Psychiatry, 12, 63--70.

[Administer Now](#)