

## Zung Self-Rating Depression Scale (SDS)

Reply to questions using one of the four replies below (A – D)

**A** – Little or none of the time

**B** – Some of the time

**C** – A large part of the time

**D** – Most or all of the time

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
	<b>Little or none of the time</b>	<b>some of the time</b>	<b>A large part of the time</b>	<b>Most of the time</b>	
1. I feel downhearted and blue	1	2	3	4	<input type="checkbox"/>
2. Morning is when I feel the best	4	3	2	1	<input type="checkbox"/>
3. I have crying spells or feel like it	1	2	3	4	<input type="checkbox"/>
4. I have trouble sleeping at night	1	2	3	4	<input type="checkbox"/>
5. I eat as much as I used to	4	3	2	1	<input type="checkbox"/>
6. I still enjoy sex	4	3	2	1	<input type="checkbox"/>
7. I notice that I am losing weight	1	2	3	4	<input type="checkbox"/>
8. I have trouble with constipation	1	2	3	4	<input type="checkbox"/>
9. My heart beats faster than usual	1	2	3	4	<input type="checkbox"/>
10. I get tired for no reason	1	2	3	4	<input type="checkbox"/>
11. My mind is as clear as it used to be	4	3	2	1	<input type="checkbox"/>
12. I find it easy to do the things I used to do	4	3	2	1	<input type="checkbox"/>
13. I am restless and can't keep still	1	2	3	4	<input type="checkbox"/>
14. I feel hopeful about the future	4	3	2	1	<input type="checkbox"/>
15. I am more irritable than usual	1	2	3	4	<input type="checkbox"/>
16. I find it easy to make decisions	4	3	2	1	<input type="checkbox"/>
17. I feel that I am useful and needed	4	3	2	1	<input type="checkbox"/>
18. My life is pretty full	4	3	2	1	<input type="checkbox"/>
19. I feel others would be better off if I was dead	1	2	3	4	<input type="checkbox"/>
20. I still enjoy the things that I used to	4	3	2	1	<input type="checkbox"/>

Some questions ask the information positively and others negatively but in all cases the **symptom severity is Scored from 1 to 4. The total score is often converted to a 100 point scale (SDS index)**

SDS Index = (score / 80 total points) x 100 or SDS Index = score x 1.25

	<b>Total SDS raw score</b>
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	<b>SDS Index (score x 1.25)</b>
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