



UNC CFAR Social and Behavioral Science Research Core SABI Database

INSTRUMENT TITLE: Zung Self-Rating Depression Scale (SDS)

SOURCE ARTICLE: Zung, W.W., Richards, C.B., Short, M.J. (1965). Self-Rating Depression Scale in an Outpatient Clinic: Further Validation of the SDS. Archives of General Psychiatry, 13:508-515.

RESPONSE OPTIONS: A little of the time; Some of the time; Good part of the time; Most of the time

SURVEY ITEMS:

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.

TERMS OF USE:

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

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12. I find it easy to do 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.

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