

KEY TO SCORING THE ZUNG SELF-RATING DEPRESSION SCALE

Consult this key for the value (1-4) that correlates with patients' responses to each statement. Add up the numbers for a total score and use the scoring and conversion charts below to aid in making a diagnosis. Most people with depression have an index score between 50 and 69. The highest possible index score is 100.¹

COMPLETE BY PATIENT

	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	3	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 do	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

Scoring for the Zung Self-Rating Depression Scale¹

SDS Index ²	Diagnosis
Below 50	Normal
50-59	Mild depression
60-69	Moderate to marked depression
≥70	Severe depression

²To convert from raw score to SDS Index, multiply raw score by 1.25.

A Table for the Conversion of Self-Rated Raw Scores to the SDS Index¹

Raw Score	SDS Index	Raw Score	SDS Index	Raw Score	SDS Index
20	25	41	51	62	78
21	26	42	53	63	79
22	28	43	54	64	80
23	29	44	55	65	81
24	30	45	56	66	83
25	31	46	58	67	84
26	33	47	59	68	85
27	34	48	60	69	86
28	35	49	61	70	88
29	36	50	63	71	89
30	38	51	64	72	90
31	39	52	65	73	91
32	40	53	66	74	92
33	41	54	68	75	94
34	43	55	69	76	95
35	44	56	70	77	96
36	45	57	71	78	98
37	46	58	73	79	99
38	48	59	74	80	100
39	49	60	75		
40	50	61	76		

Add up columns and tally for total raw score

Use conversion table above right for SDS index score

TOTAL
SDS INDEX SCORE

Adapted from Zung.²

References: 1. Carroll BJ, Fielding JM, Blashki TG. Depression rating scales: a critical review. *Arch Gen Psychiatry*. 1973;28:361-366. 2. Zung WWK. A self-rating depression scale. *Arch Gen Psychiatry*. 1965;12:63-70. 3. Kaplan and Sadock's *Synopsis of Psychiatry*, Seventh Edition. Kaplan HI, Sadock BJ, Grebb JA (eds). Baltimore, Md: Williams & Wilkins, 1994, p. 534.

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