

E-LEARNING

ENTER TO LEARN - LEAVE TO SERVE

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Zung Depression Rating Scale

	None or a little of the time	Some of the time	Good part of the time	Most or all of the time
1. I feel downhearted, blue and sad.				
2. Morning is when I feel the best.				
3. I have crying spells or feel like it.				
4. I have trouble sleeping through the night				
5. I eat as much as I used to.				
6. I enjoy looking at, talking to, and being with attractive women/men.				
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.				
12. I find it easy to do the things I used to do.				
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.				

Source: W.W.K. Zung.