

### Self-Assessment - Depression

For each item below, please check the column which best describes how often you felt or behaved this way 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.				
2. I have crying spells or feel like it.				
3. I have trouble sleeping at night.				
4. I eat as much as I used to.				
5. I still enjoy sex.				
6. I notice that I am losing weight.				
7. I have trouble with constipation.				
8. My heart beats faster than usual.				
9. I get tired for no reason.				
10. My mind is as clear as it used to be.				
11. I find it easy to do the things I used to.				
12. I am restless and can't keep still.				
13. I feel hopeful about the future.				
14. I am more irritable than usual.				
15. I find it easy to make decisions.				
16. I feel that I am useful and needed.				
17. My life is pretty full.				
18. I feel that others would be better off if I were dead.				
19. I still enjoy the things I used to do.				

*Adapted from William W.K. Zung's Depression rating scale.*

Score\*: \_\_\_\_\_

\*A score total of 36 and above suggests the need for further medical assessment for Depression.  
Please contact us for an assessment.

### **Self-Assessment – Depression: ANSWER KEY**

For each item below, please check the column which best describes how often you felt or behaved this way 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.	1	2	3	4
17. I feel that I am useful and needed.	1	2	3	4
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

*Adapted from William W.K. Zung's Depression rating scale.*

Score\*: \_\_\_\_\_

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