

Zung Self-Rating Depression Scale (SDS)

Category: Depression | Items: 20 | Time: ~5 min

Description / When to Use

20-item self-report scale measuring affective, psychological, and somatic symptoms of depression.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 20 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum raw scores, multiply by 1.25 to get index score (25-100). Index < 50 = normal, 50-59 = mild, 60-69 = moderate, >= 70 = severe.

Cutoff Interpretation

Score Range	Severity	Recommended Action
25-49	Normal	None
50-59	Mild depression	Monitor
60-69	Moderate depression	Consider treatment
70-100	Severe depression	Active treatment

Psychometric Properties

Cronbach's alpha: 0.81 | Test-retest reliability: 0.70

Validity: Widely validated across cultures and clinical settings.

License

Free to use with citation

Citation (APA Format)

Zung, W. W. (1965). A self-rating depression scale. *Archives of General Psychiatry*, 12(1), 63-70.

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