Zung Self-Rating Depression Scale (ZSDS)

by James Lani

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Zung’s model for depression, the **Zung Self-Rating Depression scale**, measures psychological and somatic symptoms linked to depression. In addition, the scale can be used as a screening tool, monitor for changes, and clinical research purposes.

The questionnaire includes 20-items testing four common characteristic of depression – the pervasive effect, the physiological equivalents, other disturbances, and psycho-motor activities. Respondents are given a 4-point scale to react to positive or negative statements. Approximately 10 minutes is required to complete the test.

**Author**

Dr. William W.K. Zung

**Reliability and Validity**

The Zung Self-Rating Depression Scale has fairly good reliability. Zung has reported a split-half reliability of 0.73. An alpha coefficient of 0.68 was obtained by DeForge and Sobal (1988), however 0.82 was reported by DeJonghe & Baneke (1989) and Leung, Lee, Lue, & Tang (1989). The ZSDS when correlated with the physician’s global rating received a correlation of 0.69. In addition, ZSDS has a strong correlation with the Hamilton Rating Scale and the Beck Depression Inventory in assessing self-criticism, hysteria, hypochondriasis, and paranoia.

**Obtaining the ZSDS**

**Zung Depression Scale**

**Administration, Analysis and Reporting**

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