

A) Zung Depression Scale

Please read each of the following statements and place an X in the box which best describes *how you feel in general from day to day*. (variable name in red, score for each variable in red)

	None or a little of the time	Some of the time	A good part of the time	Most or all of the time
I feel down-hearted, blue, and sad Zung_scored1	1	2	3	4
Morning is when I feel the best Zung_scored2	4	3	2	1
I have crying spells or feel like it. Zung_scored3	1	2	3	4
I have trouble sleeping through the night. Zung_scored4	1	2	3	4
I eat as much as I used to. Zung_scored5	4	3	2	1
I enjoy looking at, talking to and being with attractive women/men. Zung_scored6	4	3	2	1
I notice that I am losing weight. Zung_scored7	1	2	3	4
I have trouble with constipation. Zung_scored8	1	2	3	4
My heart beats faster than usual Zung_scored9	1	2	3	4
I get tired for not reason. Zung_scored10	1	2	3	4
My mind is as clear as it used to be. Zung_scored11	4	3	2	1
I find it easy to do the things I used to do. Zung_scored12	4	3	2	1
I am restless and can't keep still. Zung_scored13	1	2	3	4
I feel hopeful about the future. Zung_scored14	4	3	2	1
I am more irritable than usual. Zung_scored15	1	2	3	4
I find it easy to make decisions. Zung_scored16	4	3	2	1
I feel that I am useful and needed. Zung_scored17	4	3	2	1
My life is pretty full. Zung_scored18	4	3	2	1
I feel that others would be better off if I were dead. Zung_scored19	1	2	3	4
I still enjoy the things I used to do. Zung_scored20	4	3	2	1

Zung_score= sum (zung_scored1-zung_scored20)

If 2 or less missing, the missing score is replaced with the average of all other scores to use in the sum. $\text{Zung_index} = 100 * (\text{zung_score} / 80)$