

Tired or Stressed??

Take This Quiz!!

NAME _____

DATE _____

	Circle the appropriate column	A little of the time	Some of the time	Good part of the time	Most of the time
1.	I feel downhearted 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.	4	3	2	1
17.	I feel that I am useful and needed.	4	3	2	1
18.	My life is pretty full.	4	3	2	1
19.	I feel that others would be better off if I were dead.	0	2	3	4
20.	I still enjoy the things I used to do.	4	3	2	1

TOTAL RAW SCORE

RAW SCORE	
<40	Borderline
<47	Mild
<55	Moderate
>56	Severe

ZUNG D SCORE