

# Hey Western Student!

# How Blue Are You?

Complete this simple depression screen.

Score yourself by comparing your raw score to the chart below.

If you are too blue, call the Campus Counseling Program at '7180 or '7565 for a confidential appointment and to get options on what to do to feel better!

## Raw Score

## Equivalent Clinical Impressions

Below 40

Within normal range

40 - 47

\*Presence of minimal to mild depression

48 – 55

\*Presence of moderate to marked depression

56 and over  
and/or recent  
suicidal thoughts

\*Presence of severe to extreme depression

*\*Depression is treatable, please seek help. No one deserves to be too blue!*

## Zung Depression Self-rating Scale

*Please circle one response for each of the 21 items*

	None or a Little of Time	Some of the Time	Good part of the Time	Most or All of the Time
1. I feel downhearted, blue, sad	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 through the night	1	2	3	4
5. I eat as much as I used to	4	3	2	1
6. I enjoy looking at, talking to, and being with attractive men/women	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 do	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	1	2	3	4
20. I still enjoy the things I used to do	4	3	2	1

***Add all the circled numbers above to obtain your raw score. Put that number here and compare to the chart on the blue page. \_\_\_\_\_***

21. I have recently thought of or am  
currently thinking of suicide