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SDS English - long & short version:

SDS **Satow® Depression Scale**

Satow, L. (2024)

Satow, L. (2024). SDS. Satow® Depression Scale [Verfahrensdokumentation, Fragebogen als Kurz- und Langform auf Deutsch, Englisch, Französisch, Italienisch und Spanisch, Testdokumentation]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID.
<https://doi.org/10.23668/psycharchives.14430>

All information and materials about the measure can be found at:
<https://www.testarchiv.eu/en/test/9008607>

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Satow® Depression Scale (SDS, English)

First name: _____

Last name: _____

Date of birth: _____

Gender: male 0 female 0

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Test date: _____

Location: _____

Instructions

To what extent do the following statements apply to you? Answer as openly and honestly as possible. There are no right or wrong answers. Be careful not to leave out any statement.

	Does not apply at all	Rather does not apply	Rather applies	Applies exactly
1. I'm just sad.	0	0	0	0
2. I often ponder about my life.	0	0	0	0
3. I can't bring myself to do anything anymore.	0	0	0	0
4. I don't sleep well.	0	0	0	0
5. Things that I used to enjoy a lot no longer interest me.	0	0	0	0
6. I often suffer from stomach pressure or abdominal pain.	0	0	0	0
7. I often feel worthless.	0	0	0	0
8. I can't really be happy about anything anymore.	0	0	0	0
9. I have no self-confidence anymore.	0	0	0	0
10. I often feel like I have a lump in my throat.	0	0	0	0
11. I blame myself a lot.	0	0	0	0
12. I wake up way too early in the morning and can't go back to sleep.	0	0	0	0
13. I see no way out of my situation.	0	0	0	0
14. It all seems so hopeless to me.	0	0	0	0
15. I often withdraw into myself and then become so absorbed that I no longer notice anything.	0	0	0	0
16. I don't feel like doing anything anymore.	0	0	0	0

Satow® Depression Scale Short Form (SDS-SF, English)

First name: _____

Last name: _____

Date of birth: __ __ __

Gender: male O female O

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Test date: __ __ __

Location: _____

Instructions

To what extent do the following statements apply to you? Answer as openly and honestly as possible. There are no right or wrong answers. Be careful not to leave out any statement.

	Does not apply at all	Rather does not apply	Rather applies	Applies exactly
1. I'm just sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can't bring myself to do anything anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I often feel worthless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I see no way out of my situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. It all seems so hopeless to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I don't feel like doing anything anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>