

Beck Depression Inventory:

Name: _____

Date: _____

*This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the **one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. Circle the number beside the statement that you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).*

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|-----|---|---|-----|---|--|
| 1. | 0 | I do not feel sad | 13. | 0 | I make decisions about as well as I ever could |
| | 1 | I feel sad | | 1 | I put off making decisions more than I used to |
| | 2 | I am sad all the time and I can't snap out of it | | 2 | I have greater difficulty in making decisions more than I used to |
| | 3 | I am so sad and unhappy that I can't stand it | | 3 | I can't make decisions at all anymore |
| 2. | 0 | I am not particularly discouraged about the future | | 0 | I don't feel that I look any worse than I used to |
| | 1 | I feel discouraged about the future | | 1 | I am worried that I am looking old or unattractive |
| | 2 | I feel I have nothing to look forward to | 14. | 2 | I feel there are permanent changes in my appearance that make me look unattractive |
| | 3 | I feel the future is hopeless and that things cannot improve | | 3 | I believe I look ugly |
| 3. | 0 | I do not feel like a failure | | 0 | I can work as well as before |
| | 1 | I feel I have failed more than the average person | | 1 | It takes an extra effort to get started at doing something |
| | 2 | As I look back on my life, all I can see is a lot of failures | | 2 | I have to push myself very hard to do anything |
| | 3 | I feel I am a complete failure as a person | | 3 | I can't do any work at all |
| 4. | 0 | I get as much satisfaction out of things as I used to | | 0 | I can sleep as well as usual |
| | 1 | I don't enjoy things the way I used to | 15. | 1 | I don't sleep as well as I used to |
| | 2 | I don't get real satisfaction out of anything anymore | | 2 | I wake up 1-2 hours earlier than usual and find it hard to get back to sleep |
| | 3 | I am dissatisfied or bored with everything | | 3 | I wake up several hours earlier than I used to and cannot get back to sleep |
| 5. | 0 | I don't feel particularly guilty | | 0 | I don't get more tired than usual |
| | 1 | I feel guilty a good part of the time | | 1 | I get tired more easily than I used to |
| | 2 | I feel quite guilty most of the time | | 2 | I get tired from doing almost anything |
| | 3 | I feel guilty all of the time | | 3 | I am too tired to do anything |
| 6. | 0 | I don't feel I am being punished | | 0 | My appetite is no worse than usual |
| | 1 | I feel I may be punished | 16. | 1 | My appetite is not as good as it used to be |
| | 2 | I expect to be punished | | 2 | My appetite is much worse now |
| | 3 | I feel I am being punished | | 3 | I have no appetite at all anymore |
| 7. | 0 | I don't feel disappointed in myself | | 0 | I haven't lost much weight, if any, lately |
| | 1 | I am disappointed in myself | | 1 | I have lost more than five pounds |
| | 2 | I am disgusted with myself | | 2 | I have lost more than ten pounds |
| | 3 | I hate myself | 17. | 3 | I have lost more than fifteen pounds |
| 8. | 0 | I don't feel I am any worse than anybody else | | 0 | I am no more worried about my health than usual |
| | 1 | I am critical of myself for my weaknesses or mistakes | | 1 | I am worried about my physical problems, like aches, pains, upset stomach, or constipation |
| | 2 | I blame myself all the time for my faults | | 2 | I am very worried about physical problems and it's hard to think about much else |
| | 3 | I blame myself for everything bad that happens | 18. | 3 | I am so worried about my physical problems that I cannot think of anything else |
| 9. | 0 | I don't have any thoughts of killing myself | | 0 | I am no more worried about my health than usual |
| | 1 | I have thoughts of killing myself, but I would not carry them out | | 1 | I am worried about my physical problems, like aches, pains, upset stomach, or constipation |
| | 2 | I would like to kill myself | | 2 | I am very worried about physical problems and it's hard to think about much else |
| | 3 | I would kill myself if I had the chance | 19. | 3 | I am so worried about my physical problems that I cannot think of anything else |
| 10. | 0 | I don't cry any more than usual | | 0 | I am no more worried about my health than usual |
| | 1 | I cry more now than I used to | | 1 | I am worried about my physical problems, like aches, pains, upset stomach, or constipation |
| | 2 | I cry all the time now | | 2 | I am very worried about physical problems and it's hard to think about much else |
| | 3 | I used to be able to cry, but now I can't cry even though I want to | 20. | 3 | I am so worried about my physical problems that I cannot think of anything else |
| 11. | 0 | I am no more irritated by things than I ever was | | 0 | I am no more worried about my health than usual |
| | 1 | I am slightly more irritated now than usual | | 1 | I am worried about my physical problems, like aches, pains, upset stomach, or constipation |
| | 2 | I am quite annoyed or irritated a good deal of the time | | 2 | I am very worried about physical problems and it's hard to think about much else |
| | 3 | I feel irritated all the time | | 3 | I am so worried about my physical problems that I cannot think of anything else |
| 12. | 0 | I have not lost interest in other people | | 0 | I am no more worried about my health than usual |
| | 1 | I am less interested in other people than I used to be | | 1 | I am worried about my physical problems, like aches, pains, upset stomach, or constipation |
| | 2 | I have lost most of my interest in other people | | 2 | I am very worried about physical problems and it's hard to think about much else |
| | 3 | I have lost all of my interest in other people | | 3 | I am so worried about my physical problems that I cannot think of anything else |

Interpreting the Beck Depression Inventory

Now that you have completed the questionnaire, add up the score for each of the twenty-one questions by counting the number to the right of each question you marked. The highest possible total for the whole test would be sixty-three. This would mean you circled number three on all twenty-one questions. Since the lowest possible score for each question is zero, the lowest possible score for the test would be zero. This would mean you circled zero on each question.

Total Score _____

Levels of Depression:

- 1-10 - These ups and downs are considered normal
- 11-16 - Mild mood disturbance
- 17-20 - Borderline clinical depression

- 21-30 Moderate Depression
- 31-40 - Severe Depression
- Over 40- Extreme depression