Beck Depression Inventory

Name	Date	Score

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. Check the boxbeside the statement you have picked.

1	☐	0	I do not feel sad
	☐	1	I feel sad much of the time
	☐	2	I am sad all the time
	☐	3	I am so sad or unhappy that I can't stand it
2	☐	0	I am not discouraged about my future
	☐	1	I feel more discouraged about my future than I used to
	☐	2	I do not expect things to work out for me
	☐	3	I feel my future is hopeless and will only get worse
3	☐	0	I do not feel like a failure
	☐	1	I have failed more than I should have
	☐	2	As I look back, I see a lot of failures
	☐	3	I feel I am a total failure as a person
4	☐	0	I get as much pleasure as I ever did from the things I enjoy
	☐	1	I don't enjoy things as much as I used to
	☐	2	I get very little pleasure from the things I used to enjoy
	☐	3	I can't get any pleasure from the things I used to enjoy
5	☐	0	I don't feel particularly guilty
	☐	1	I feel guilty over many things I have done or should have done
	☐	2	I feel quite guilty most of the time
	☐	3	I feel guilty all of the time
6	☐	0	I don't feel I am being punished
	☐	1	I feel I may be punished
	☐	2	I expect to be punished
	☐	3	I feel I am being punished
7	☐	0	I feel the same about myself as ever
	☐	1	I have lost confidence in myself
	☐	2	I am disappointed in myself
	☐	3	I dislike myself
8	☐	0	I don't criticize or blame myself more than usual
	☐	1	I am more critical of myself than I used to be
	☐	2	I criticize myself for all of my faults
	☐	3	I blame myself for everything bad that happens.

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9	☐ 0	I don't have any thoughts of killing myself
	☐ 1	I have thoughts of killing myself, but I would not carry them out
	☐ 2	I would like to kill myself
	☐ 3	I would kill myself if I had the chance
10	☐ 0	I don't cry any more than usual
	☐ 1	I cry more now than I used to
	☐ 2	I cry all the time now
	☐ 3	I used to be able to cry, but now I can't cry even though I want to
11	☐ 0	I am no more irritated by things than I ever was
	☐ 1	I am slightly more irritated now than usual
	☐ 2	I am quite annoyed or irritated a good deal of the time
	☐ 3	I feel irritated all the time
12	☐ 0	I have not lost interest in other people
	☐ 1	I am less interested in other people than I used to be
	☐ 2	I have lost most of my interest in other people
	☐ 3	I have lost all of my interest in other people
13	☐ 0	I make decisions about as well as I ever could
	☐ 1	I put off making decisions more than I used to
	☐ 2	I have greater difficulty in making decisions more than I used to
	☐ 3	I can't make decisions at all anymore
14	☐ 0	I don't feel that I look any worse than I used to
	☐ 1	I am worried that I am looking old or unattractive
	☐ 2	I feel there are permanent changes in my appearance that make me look unattractive
	☐ 3	I believe that I look ugly
15	☐ 0	I can work about as well as before
	☐ 1	It takes an extra effort to get started at doing something
	☐ 2	I have to push myself very hard to do anything
	☐ 3	I can't do any work at all
16	☐ 0	I can sleep as well as usual
	☐ 1	I don't sleep as well as I used to
	☐ 2	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
	☐ 3	I wake up several hours earlier than I used to and cannot get back to sleep
17	☐ 0	I don't get more tired than usual
	☐ 1	I get tired more easily than I used to
	☐ 2	I get tired from doing almost anything
	☐ 3	I am too tired to do anything

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18	☐	**0**	My appetite is no worse than usual
	☐	**1**	My appetite is not as good as it used to be
	☐	**2**	My appetite is much worse now
	☐	**3**	I have no appetite at all anymore
19	☐	**0**	I haven't lost much weight, if any, lately
	☐	**1**	I have lost more than five pounds
	☐	**2**	I have lost more than ten pounds
	☐	**3**	I have lost more than fifteen pounds
20	☐	**0**	I am no more worried about my health than usual
	☐	**1**	I am worried about physical problems like aches, pains, upset stomach, or constipation
	☐	**2**	I am very worried about physical problems and it's hard to think of much else
	☐	**3**	I am so worried about my physical problems that I cannot think of anything else
21	☐	**0**	I have not noticed any recent change in my interest in sex
	☐	**1**	I am less interested in sex than I used to be
	☐	**2**	I have almost no interest in sex
	☐	**3**	I have lost interest in sex completely

Interpretation:

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

Additional notes