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Beck depression inventory

The Beck Depression Inventory-II is a widely used 21-item multiple-choice questionnaire designed to assess the presence and severity of depression in both adolescents and adults. Developed by Aaron T. Beck and colleagues in 1996, the BDI-II can be administered self-report or verbally by a trained administrator and has been validated for completion by individuals aged 13 to 80 years old. The BDI-II boasts high test-retest reliability (Pearson r = 0.93) and internal consistency (Alpha 0.91), indicating its effectiveness in measuring depression symptoms. Unlike the Hospital Anxiety and Depression Scale, which focuses on somatic illness patients, the BDI-II includes both cognitive and somatic symptoms of depression. ###

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