

Beck Depression Inventory

Choose one statement from among the group of four statements in each question that best describes how you have been feeling during the **past few days**. Circle the number beside your choice.

<p><u>1</u> 0 I do not feel sad. 1 I feel sad.</p> <p>2 I am sad all the time and I can't snap out of it.</p> <p>3 I am so sad or unhappy that I can't stand it.</p>	<p><u>8</u> 0 I don't feel I am any worse than anybody else. 1 I am critical of myself for my weaknesses or mistakes.</p> <p>2 I blame myself all the time for my faults.</p> <p>3 I blame myself for everything bad that happens.</p>
<p><u>2</u> 0 I am not particularly discouraged about the future. 1 I feel discouraged about the future.</p> <p>2 I feel I have nothing to look forward to.</p> <p>3 I feel that the future is hopeless and that things cannot improve.</p>	<p><u>9</u> 0 I don't have any thoughts of killing myself. 1 I have thoughts of killing myself, but I would not carry them out.</p> <p>2 I would like to kill myself.</p> <p>3 I would kill myself if I had the chance.</p>
<p><u>3</u> 0 I do not feel like a failure. 1 I feel I have failed more than the average person.</p> <p>2 As I look back on my life, all I can see is a lot of failure.</p> <p>3 I feel I am a complete failure as a person.</p>	<p><u>10</u> 0 I don't cry anymore than usual. 1 I cry more now than I used to.</p> <p>2 I cry all the time now.</p> <p>3 I used to be able to cry, but now I can't cry even though I want to.</p>
<p><u>4</u> 0 I get as much satisfaction out of things as I used to. 1 I don't enjoy things the way I used to.</p> <p>2 I don't get any real satisfaction out of anything anymore.</p> <p>3 I am dissatisfied or bored with everything.</p>	<p><u>11</u> 0 I am no more irritated by things than I every am. 1 I am slightly more irritated now than usual.</p> <p>2 I am quite annoyed or irritated a good deal of the time.</p> <p>3 I feel irritated all the time now.</p>
<p><u>5</u> 0 I don't feel particularly guilty. 1 I feel guilty a good part of the time.</p> <p>2 I feel quite guilty most of the time.</p> <p>3 I feel guilty all of the time.</p>	<p><u>12</u> 0 I have not lost interest in other people. 1 I am less interested in other people than I used to be.</p> <p>2 I have lost most of my interest in other people.</p> <p>3 I have lost all of my interest in other people.</p>
<p><u>6</u> 0 I don't feel I am being punished. 1 I feel I may be punished.</p> <p>2 I expect to be punished.</p> <p>3 I feel I am being punished.</p>	<p><u>13</u> 0 I make decisions about as well as I ever could. 1 I put off making decisions more than I used to.</p> <p>2 I have greater difficulty in making decisions than before.</p> <p>3 I can't make decisions at all anymore.</p>
<p><u>7</u> 0 I don't feel disappointed in myself. 1 I am disappointed in myself.</p> <p>2 I am disgusted with myself.</p> <p>3 I hate myself.</p>	<p><u>14</u> 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.</p> <p>2 I feel that there are permanent changes in my appearance that make me look unattractive.</p> <p>3 I believe that I look ugly.</p>

Name: _____

Date: _____

Beck Depression Inventory (Cont.)

Choose one statement from among the group of four statements in each question that best describes how you have been feeling during the **past few days**. Circle the number beside your choice.

<p>15 0 I can work about as well as before 1 It takes an extra effort to get dressed at doing something. 2 I have to push myself very hard to do anything. 3 I can't do any work at all.</p>	<p>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 10 pounds. 3 I have lost more than 15 pounds. (Score 0 if you have been purposely trying to lose weight).</p>
<p>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 I 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.</p>	<p>20 0 I am no more worried about my health than usual. 1 I am worried about physical problems such as aches and pains, or 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 about anything else.</p>
<p>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.</p>	<p>21 0 I have not noticed any recent change in my interest in sex. 1 I am less interest in sex than I used to be. 2 I am much less interested in sex now. 3 I have lost interest in sex completely.</p>
<p>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.</p>	

Name: _____

Date: _____