

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## BECK DEPRESSION INVENTORY

Instructions: This is a questionnaire to be completed in one sitting. On the questionnaire are groups of statements. Please read the entire group of statements in each category. Then pick out the one statement in the group, which best describes the way you feel **today**, that is, **right now**. Circle the number beside the statement you have chosen. If several statements in the group seem to apply equally well, circle each one.

**Be sure to read all the statements in the group before making your choice.**

A. Sadness

- 0 I do not feel sad
- 1 I feel blue or sad
- 2 I am blue or sad all the time and I can't snap out of it
- 3 I am so sad or unhappy that it is quite painful
- 4 I am so sad or unhappy that I can't stand it

B. Pessimism

- 0 I am not particularly pessimistic or discouraged about the future
- 1 I feel discouraged about the future
- 2 I feel I have nothing to look forward to
- 3 I feel that I won't ever get over my troubles
- 4 I feel that the future is hopeless and that things cannot improve

C. Sense of Failure

- 0 I do not feel like a failure
- 1 I feel I have failed more than the average person
- 2 I feel I have accomplished very little that is worthwhile or that means anything
- 3 As I look back on my life all I can see is a lot of failure
- 4 I feel I am a complete failure as a person (parent, spouse)

D. Dissatisfaction

- 0 I am not particularly dissatisfied
- 1 I feel bored most of the time
- 2 I don't enjoy things the way I used to
- 3 I don't get satisfaction out of anything anymore
- 4 I am dissatisfied with everything

E. Guilt

- 0 I don't feel particularly guilty
- 1 I feel bad or unworthy a good part of the time
- 2 I feel quite guilty
- 3 I feel bad or unworthy practically all the time now
- 4 I feel as though I am very bad or worthless

F. Expectation of Punishment

- 0 I don't feel I am being punished
- 1 I have a feeling that something bad may happen to me
- 2 I feel I am being punished or will be punished
- 3 I feel I deserve to be punished
- 4 I want to be punished

Score: \_\_\_\_\_

G. Self-Dislike

- 0 I don't feel disappointed in myself
- 1 I am disappointed in myself
- 2 I don't like myself
- 3 I am disgusted with myself
- 4 I hate myself

H. Self-Accusations

- 0 I don't feel I am worse than anybody else
- 1 I am critical of myself for my weaknesses or mistakes
- 2 I blame myself for my faults
- 3 I blame myself for everything that happens

I. Suicidal Ideas

- 0 I don't have any thoughts of harming myself
- 1 I have thoughts of harming myself but I would not carry them out
- 2 I feel I would be better off dead
- 3 I feel my family would be better off if I were dead
- 4 I have definite plans about committing suicide
- 5 I would kill myself if I could

J. Crying

- 0 I don't cry any more than usual
- 1 I cry more than I used to
- 2 I cry all the time now. I can't stop it
- 3 I used to be able to cry but now I can't cry at all even though I want to

K. Irritability

- 0 I am no more irritated now than I ever am
- 1 I get annoyed or irritated more easily than I used to
- 2 I feel irritated all the time
- 3 I don't get irritated at all at things that used to irritate me

L. Social Withdrawal

- 0 I have not lost interest in other people
- 1 I am less interested in other people now than I used to be
- 2 I have lost most of my interest in other people and have little feeling for them
- 3 I have lost all my interest in other people and don't care about them at all

M. Indecisiveness

- 0 I make decisions about as well as ever
- 1 I try to put off making decisions
- 2 I have great difficulty in making decisions
- 3 I can't make any decisions at all anymore

N. Body Image Change

- 0 I don't feel I look any worse than I used to
- 1 I am worried that I am looking old or unattractive
- 2 I feel that there are permanent changes in my appearance and they make me look unattractive
- 3 I feel that I am ugly or repulsive looking

Score: \_\_\_\_\_

O. Work Retardation

- 0 I can work as well as before
- 1 It takes extra effort to get started doing something
- 2 I don't work as well as I used to
- 3 I have to push myself very hard to do anything
- 4 I can't do any work at all

P. Insomnia

- 0 I can sleep as well as usual
- 1 I wake up more tired in the morning than I used to
- 2 I wake up 2-3 hours earlier than usual and find it hard to get back to sleep
- 3 I wake up early every day and can't get more than 5 hours sleep

Q. Fatigability

- 0 I don't get any more tired than usual
- 1 I get tired more easily than I used to
- 2 I get tired from doing nothing
- 3 I get too tired to do anything

R. Anorexia

- 0 My appetite is not 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

S. Weight Loss

- 0 I haven't lost much weight, if any, lately
- 1 I have lost more than 5 pounds
- 2 I have lost more than 10 pounds
- 3 I have lost more than 15 pounds

T. Somatic Preoccupation

- 0 I am no more concerned about my health than usual
- 1 I am concerned about aches and pains or upset stomach or constipation
- 2 I am so concerned with how I feel or what I feel that it's hard to think of much else
- 3 I am completely absorbed in what I feel

U. Loss of Libido

- 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 am much less interested in sex now
- 3 I have lost interest in sex completely

Score: \_\_\_\_\_

## Scoring

To score the questionnaire, just add up the points you received from your responses to each item. If you circled more than one response for an item, add only the points for the highest response. For example, if in answering Item G, Self-Dislike, you circled both (3) and (2), add 3 points for that item.

The following range of scores tells which level of depression you are presently experiencing.

0-4	None or minimal depression
5-7	Mild depression
8-15	Moderate depression
16 or over	Potentially serious depression

If your score was between 0 and 4, you are probably not depressed. You may be having some real life difficulties but depression may not be the best label for what you are experiencing. However, if you remain convinced that you are depressed, you may have scored low for at least three reasons:

1. Today may be an unusually good day for you.
2. The test may not include enough of the kinds of ways in which you experience depression.
3. You may not have been depressed lately but know that you have a tendency to become depressed.

If your score was 16 or higher, indicating potentially serious depression (or if you are seriously contemplating suicide) you may want to get immediate professional help.

Score: \_\_\_\_\_