

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **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 week**. Circle the number beside your choice.

- 1).     **0** I do not feel sad.  
       **1** I feel sad.  
       **2** I am sad all the time and I can't snap out of it.  
       **3** I am so sad or unhappy that I can't stand it.
  
- 2).     **0** I am not particularly 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 the future is hopeless and that things cannot improve.
  
- 3).     **0** I do not feel like a failure.  
       **1** I feel I have failed more than the average person.  
       **2** As I look back on my life, all I can see is a lot of failure.  
       **3** I feel I am a complete failure as a person.
  
- 4).     **0** I get as much satisfaction out of things as I used to.  
       **1** I don't enjoy things the way I used to.  
       **2** I don't get any real satisfaction out of anything anymore.  
       **3** I am dissatisfied or bored with everything.
  
- 5).     **0** I don't feel particularly guilty.  
       **1** I feel guilty a good part of the time.  
       **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 don't feel disappointed in myself.  
       **1** I am disappointed in myself.  
       **2** I am disgusted with myself.  
       **3** I hate myself.
  
- 8).     **0** I don't feel I am any worse than anybody else.  
       **1** I am critical of myself for my weaknesses or mistakes.  
       **2** I blame myself all the time for my faults.  
       **3** I blame myself for everything bad that happens.
  
- 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 am.  
       **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 now.

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- 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 than before.  
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 that 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.
- 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.  
(Score 0 if you have been purposely trying to lose weight.)
- 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.
- 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 am much less interested in sex now.  
3 I have lost interested in sex completely

### **SCORING**

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

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