

Adaptation of Beck Depression Inventory

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.

Circle the number beside the statement you have picked. If several statements in the group apply equally well, circle the highest number for that group.

1.

- 0 I don't 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 be.
- 2 I don't expect things to work out for me.
- 3 I feel my future is hopeless and will only get worse.

3.

- 0 I don't 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 don't feel disappointed in myself.
- 1 I am somewhat disappointed in myself.
- 2 I am quite disappointed in myself.
- 3 I hate 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.
- 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 than I used to.
 - 2 I cry over every little thing.
 - 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 restless or wound up than usual.
 - 1 I feel more restless or wound up than usual.
 - 2 I am so restless or agitated that it's hard to stay still.
 - 3 I am so restless or agitated that I have to keep moving or doing something.
- 12.
- 0 I haven't lost interest in other people or activities.
 - 1 I am less interested in other people or activities than I used to be.
 - 2 I have lost most of my interest in other people or activities.
 - 3 It's hard to get interested in anything.
- 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 much greater difficulty in making decisions than I used to.
 - 3 I can't make decisions at all anymore.
- 14.
- 0 I don't feel I am worthless.
 - 1 I don't consider myself as worthwhile and useful as I used to.
 - 2 I feel more worthless as compared to other people.
 - 3 I feel utterly worthless.
- 15.
- 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.
- 16.
- 0 I have not experienced any change in my sleep.
 - 1 My sleep is somewhat worse than usual.
 - 2 My sleep is a lot worse than usual.

- 3 I wake up several hours earlier than I used to and cannot get back to sleep.
- 17.
- 0 I am no more irritable than usual.
 1 I am slightly more irritable now than usual.
 2 I am quite annoyed or irritated a good deal of the time.
 3 I feel irritated all the time.
- 18.
- 0 I haven't experienced any change in my appetite.
 1 My appetite is somewhat different than usual.
 2 My appetite is much more different than usual.
 3 I have no appetite at all or I crave food all the time.
- 19.
- 0 I can concentrate as well as ever.
 1 I can't concentrate as well as usual.
 2 It's hard to keep my mind on anything for very long.
 3 I find I can't concentrate on anything.
- 20.
- 0 I don't feel that I look any worse than I used to.
 1 I am worried that I am looking older or less unattractive.
 2 I believe there are permanent changes in my appearance that make me look unattractive.
 3 I believe that I look ugly.
- 21.
- 0 I haven't 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.

Scoring and Interpretation

Calculate the total score by adding up the numbers beside the statements you have picked.

<u>Total Score</u>	<u>Severity of Depression</u>
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