

Beck Depression Inventory

Date: _____

Name: _____ Marital Status: _____ Age: _____ Sex: _____

Occupation: _____ Education: _____

This questionnaire consists of 21 groups of statements. After reading each group of statements carefully, circle the one statement in each group which best describes the way you have been feeling the past week, including today. If several statements within a group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice.

- | | | | |
|----|---|-----|--|
| 1. | <input type="radio"/> I do not feel sad. | 7. | <input type="radio"/> I don't feel disappointed in myself. |
| | <input type="radio"/> I feel sad. | | <input type="radio"/> I am disappointed in myself. |
| | <input type="radio"/> I am sad all the time and I can't snap out of it. | | <input type="radio"/> I am disgusted with myself. |
| | <input type="radio"/> I am so sad or unhappy that I can't stand it. | | <input type="radio"/> I hate myself. |
| 2. | <input type="radio"/> I am not particularly discouraged about the future | 8. | <input type="radio"/> I don't feel I am any worse than anybody else |
| | <input type="radio"/> I feel discouraged about the future. | | <input type="radio"/> I am critical of myself for my weaknesses or mistakes. |
| | <input type="radio"/> I feel I have nothing to look forward to. | | <input type="radio"/> I blame myself all the time for my faults. |
| | <input type="radio"/> I feel that the future is hopeless and that things can't improve. | | <input type="radio"/> I blame myself for everything bad that happens. |
| 3. | <input type="radio"/> I do not feel like a failure. | 9. | <input type="radio"/> I don't have any thoughts of killing myself. |
| | <input type="radio"/> I feel I have failed more than the average person | | <input type="radio"/> I have thoughts of killing myself, I would not carry them out. |
| | <input type="radio"/> As I look back on my life, all I can see is a lot of failures. | | <input type="radio"/> I would like to kill myself. |
| | <input type="radio"/> I feel I am a complete failure as a person. | | <input type="radio"/> I would kill myself if I had the chance. |
| 4. | <input type="radio"/> I get as much satisfaction out of things as I used to | 10. | <input type="radio"/> I don't cry any more than usual. |
| | <input type="radio"/> I don't enjoy things the way I used to. | | <input type="radio"/> I cry more now than I used to. |
| | <input type="radio"/> I don't get real satisfaction out of anything anymore | | <input type="radio"/> I cry all the time now. |
| | <input type="radio"/> I am dissatisfied or bored with everything. | | <input type="radio"/> I used to be able to cry, but now I can't cry even though I want to. |
| 5. | <input type="radio"/> I don't feel particularly guilty. | 11. | <input type="radio"/> I am no more irritated now than I ever am. |
| | <input type="radio"/> I feel guilty a good part of the time. | | <input type="radio"/> I get annoyed or irritated more easily than I used to. |
| | <input type="radio"/> I feel quite guilty most of the time. | | <input type="radio"/> I feel irritated all the time now. |
| | <input type="radio"/> I feel guilty all of the time. | | <input type="radio"/> I don't get irritated at all by the things that used to irritate me. |
| 6. | <input type="radio"/> I don't feel I am being punished. | | |
| | <input type="radio"/> I feel I may be punished. | | |
| | <input type="radio"/> I expect to be punished. | | |
| | <input type="radio"/> I feel I am being punished. | | |

12. I have not lost interest in other people.
 I am less interested in other people than I used to be
 I have lost most of my interest in other people.
 I have lost all of my interest in other people.

13. I make decisions about as well as I ever could.
 I put off making decisions more than I used to.
 I have greater difficulty in making decisions than before.
 I can't make decisions at all anymore.

14. I don't feel I look any worse than I used to.
 I am worried that I am looking old or unattractive.
 I feel that there are permanent changes in my appearance that make me look unattractive.
 I believe that I look ugly.

15. I can work about as well as before
 It takes an extra effort to get started at doing something.
 I have to push myself very hard to do anything.
 I can't do any work at all.

16. I can sleep as well as usual.
 I don't sleep as well as I used to.
 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
 I wake up several hours earlier than I used to and cannot get back to sleep.

17. I don't get more tired than usual.
 I get tired more easily than I used to.
 I get tired from doing almost anything.
 I am too tired to do anything.

18. My appetite is no worse than usual.
 My appetite is not as good as it used to be.
 My appetite is much worse now.
 I have no appetite at all anymore.

19. I haven't lost much weight, if any, lately.
 I have lost more than 5 pounds.
 I have lost more than 10 pounds
 I have lost more than 15 pounds.

I am purposely trying to lose weight by eating less.
Yes__ No__

20. I am no more worried about my health than usual.
 I am worried about physical problems such as aches and pains; or upset stomach; or constipation.
 I am very worried about physical problems and it's hard to think of much else.
 I am so worried about my physical problems that I can't think about anything else.

21. I have not noticed any recent change in my interest of sex.
 I am less interested in sex than I used to be.
 I am much less interested in sex now.
 I have lost interest in sex completely.