

Beck Depression Inventory

For each question, mark 0, 1, 2, or 3 for how you have felt in the last week or two.

- 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 and 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 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 failures.
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 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 wouldn't 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 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 was.
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.
- 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 more than I used to.
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 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.
- 20) 0 I am no more worried about my health than usual.
1 I am worried about physical problems (pains, upset stomach, constipation, etc.)
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 of 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 have almost no interest in sex.
3 I have lost interest in sex completely.