Burn’s Depression Checklist

Name: Date:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Instructions:** Put a check ☑ to indicate how much you have experienced each symptom during the past week, including today. Please answer all 25 items. | | 0 = Not At All | 1 = Somewhat | 2 = Moderately | 3 = A Lot | 4 = Extremely |
| Thoughts and Feelings | | | | | | |
| 1 | Feeling sad or down in the dumps |  |  |  |  |  |
| 2 | Feeling unhappy or blue |  |  |  |  |  |
| 3 | Crying spells or tearfulness |  |  |  |  |  |
| 4 | Feeling discouraged |  |  |  |  |  |
| 5 | Feeling hopeless |  |  |  |  |  |
| 6 | Low self-­‐esteem |  |  |  |  |  |
| 7 | Feeling worthless or inadequate |  |  |  |  |  |
| 8 | Guilt or shame |  |  |  |  |  |
| 9 | Criticizing yourself or blaming others |  |  |  |  |  |
| 10 | Difficulty making decisions |  |  |  |  |  |
| Activities and Personal Relationships | | | | | | |
| 11 | Loss of interest in family, friends or colleagues |  |  |  |  |  |
| 12 | Loneliness |  |  |  |  |  |
| 13 | Spending less time with family or friends |  |  |  |  |  |
| 14 | Loss of motivation |  |  |  |  |  |
| 15 | Loss of interest in work or other activities |  |  |  |  |  |
| 16 | Avoiding work or other activities |  |  |  |  |  |
| 17 | Loss of pleasure or satisfaction in life |  |  |  |  |  |
| Physical Symptoms | | | | | | |
| 18 | Feeling tired |  |  |  |  |  |
| 19 | Difficulty sleeping or sleeping too much |  |  |  |  |  |
| 20 | Decreased or increased appetite |  |  |  |  |  |
| 21 | Loss of interest in intimacy |  |  |  |  |  |
| 22 | Worrying about your health |  |  |  |  |  |
| Suicidal Urges | | | | | | |
| 23 | Do you have any suicidal thoughts? |  |  |  |  |  |
| 24 | Would you like to end your life? |  |  |  |  |  |
| 25 | Do you have a plan for harming yourself? |  |  |  |  |  |
| Please Total Your Score on Items 1-­‐25 Here: | |  | | | | |

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| --- | --- |
| Total Score | Level of Depression |
| No Depression | 0-­‐5 |
| Normal but unhappy | 6-­‐10 |
| Mild depression | 11-­‐25 |
| Moderate depression | 26-­‐50 |
| Severe depression | 51-­‐75 |
| Extreme depression | 76-­‐100 |