

Beck Depression Inventory

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out **one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. If several statements in the group seem to apply equally well, select the **lowest item** in the list for that group. Be sure that you do not choose more than one statement for any group.

1.
 - ☐ I do not feel sad.
 - ☐ I feel sad
 - ☐ I am sad all the time and I can't snap out of it.
 - ☐ I am so sad and unhappy that I can't stand it.
2.
 - ☐ I am not particularly discouraged about the future.
 - ☐ I feel discouraged about the future.
 - ☐ I feel I have nothing to look forward to.
 - ☐ I feel the future is hopeless and that things cannot improve.
3.
 - ☐ I do not feel like a failure.
 - ☐ I feel I have failed more than the average person.
 - ☐ As I look back on my life, all I can see is a lot of failures.
 - ☐ I feel I am a complete failure as a person.
4.
 - ☐ I get as much satisfaction out of things as I used to.
 - ☐ I don't enjoy things the way I used to.
 - ☐ I don't get real satisfaction out of anything anymore.
 - ☐ I am dissatisfied or bored with everything.
5.
 - ☐ I don't feel particularly guilty
 - ☐ I feel guilty a good part of the time.
 - ☐ I feel quite guilty most of the time.
 - ☐ I feel guilty all of the time.
6.
 - ☐ I don't feel I am being punished.
 - ☐ I feel I may be punished.
 - ☐ I expect to be punished.
 - ☐ I feel I am being punished.
7.
 - ☐ I don't feel disappointed in myself.
 - ☐ I am disappointed in myself.
 - ☐ I am disgusted with myself.
 - ☐ I hate myself.

- 8.
- ☐ I don't feel I am any worse than anybody else.
 - ☐ I am critical of myself for my weaknesses or mistakes.
 - ☐ I blame myself all the time for my faults.
 - ☐ I blame myself for everything bad that happens.
- 9.
- ☐ I don't have any thoughts of killing myself.
 - ☐ I have thoughts of killing myself, but I would not carry them out.
 - ☐ I would like to kill myself.
 - ☐ I would kill myself if I had the chance.
- 10.
- ☐ I don't cry any more than usual.
 - ☐ I cry more now than I used to.
 - ☐ I cry all the time now.
 - ☐ I used to be able to cry, but now I can't cry even though I want to.
- 11.
- ☐ I am no more irritated by things than I ever was.
 - ☐ I am slightly more irritated now than usual.
 - ☐ I am quite annoyed or irritated a good deal of the time.
 - ☐ I feel irritated all the time.
- 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 more than I used to.
 - ☐ I can't make decisions at all anymore.
- 14.
- ☐ I don't feel that I look any worse than I used to.
 - ☐ I am worried that I am looking old or unattractive.
 - ☐ I feel 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 five pounds.
- ☐ I have lost more than ten pounds.
- ☐ I have lost more than fifteen pounds.

20.

- ☐ I am no more worried about my health than usual.
- ☐ I am worried about physical problems like aches, pains, 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 cannot think of anything else.

21.

- ☐ I have not noticed any recent change in my interest in sex.
- ☐ I am less interested in sex than I used to be.
- ☐ I have almost no interest in sex.
- ☐ I have lost interest in sex completely.