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.