

Beck Depression Inventory

Choose one statement from among the group of four statements in each question that best describes how you have been feeling during the **past few days**. Circle the number beside your choice.

<u>1</u>	<p>0. I do not feel sad.</p> <p>1. I feel sad.</p> <p>2. I am sad all the time and I can't snap out of it.</p> <p>3. I am so sad or unhappy that I can't stand it.</p>	<u>7</u>	<p>0. I don't feel disappointed in myself.</p> <p>1. I am disappointed in myself.</p> <p>2. I am disgusted with myself.</p> <p>3. I hate myself.</p>
<u>2</u>	<p>0. I am not particularly discouraged about the future.</p> <p>1. I feel discouraged about the future.</p> <p>2. I feel I have nothing to look forward to.</p> <p>3. I feel that the future is hopeless and that things cannot improve.</p>	<u>8</u>	<p>0. I don't feel I am any worse than anybody else.</p> <p>1. I am critical of myself for my weaknesses or mistakes</p> <p>2. I blame myself all the time for my faults.</p> <p>3. I blame myself for everything bad that happens.</p>
<u>3</u>	<p>0. I do not feel like a failure.</p> <p>1. I feel I have failed more than the average person.</p> <p>2. As I look back on my life, all I can see is a lot of failure.</p> <p>3. I feel I am a complete failure as a person.</p>	<u>9</u>	<p>0. I don't have any thoughts of killing myself.</p> <p>1. I have thoughts of killing myself, but I would not carry them out.</p> <p>2. I would like to kill myself.</p> <p>3. I would kill myself if I had the chance.</p>
<u>4</u>	<p>0. I get as much satisfaction out of things as I used to.</p> <p>1. I don't enjoy things the way I used to.</p> <p>2. I don't get any real satisfaction out of anything anymore.</p> <p>3. I am dissatisfied or bored with everything.</p>	<u>10</u>	<p>0. I don't cry any more than usual.</p> <p>1. I cry more now than I used to.</p> <p>2. I cry all the time now.</p> <p>3. I used to be able to cry, but now I can't cry even though I want to.</p>
<u>5</u>	<p>0. I don't feel particularly guilty.</p> <p>1. I feel guilty a good part of the time.</p> <p>2. I feel quite guilty most of the time.</p> <p>3. I feel guilty all of the time.</p>	<u>11</u>	<p>0. I am no more irritated by things than I ever am.</p> <p>1. I am slightly more irritated now than usual.</p> <p>2. I am quite annoyed or irritated a good deal of the time.</p> <p>3. I feel irritated all the time now.</p>
<u>6</u>	<p>0. I don't feel I am being punished.</p> <p>1. I feel I may be punished.</p> <p>2. I expect to be punished.</p> <p>3. I feel I am being punished.</p>	<u>12</u>	<p>0. I have not lost interest in other people.</p> <p>1. I am less interested in other people than I used to be.</p> <p>2. I have lost most of my interest in other people.</p> <p>3. I have lost all of my interest in other people.</p>

<u>13</u>	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 than before. 3. I can't make decisions at all anymore.	<u>19</u>	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. (Score 0 if you have been purposely trying to lose weight.)
<u>14</u>	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. I feel that there are permanent changes in my appearance that make me look unattractive. 3. I believe that I look ugly.	<u>20</u>	0. I am no more worried about my health than usual. 1. I am worried about physical problems such as aches and pains, or upset stomach, or constipation. 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 about anything else.
<u>15</u>	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.	<u>21</u>	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 am much less interested in sex now. 3. I have lost interest in sex completely.
<u>16</u>	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.		
<u>17</u>	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.		
<u>18</u>	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.		