

Beck's Depression Inventory

For each question, choose the answer that best describes how you have been feeling in the past week. Choose only one answer for each question.

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 would not 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 any 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 - I feel 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 like aches, pains, 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 of anything else

Total Score: _____