

# Beck Depression Inventory-II Scoring

Name:

Date:

## Total Score:

- Add up the scores from all 21 questions.

## Scoring Categories:

- 0–13: Minimal depression
- 14–19: Mild depression
- 20–28: Moderate depression
- 29–63: Severe depression

## Interpretation:

- **Minimal Depression (0–13):**  
Symptoms are consistent with normal ups and downs.
- **Mild Depression (14–19):**  
Symptoms may indicate the presence of mild depression; clinical evaluation is recommended.
- **Moderate Depression (20–28):**  
Symptoms suggest the presence of moderate depression; clinical evaluation is necessary.
- **Severe Depression (29–63):**  
Symptoms suggest the presence of severe depression; immediate clinical evaluation is necessary.

## Recommendations:

- Scores within the "mild" range or above warrant further investigation by a healthcare professional.
- Scoring is not a substitute for a clinical diagnosis, and individuals should consult with a mental health professional for a comprehensive evaluation.

Remember, this template is for informational purposes and should not replace a formal assessment by a qualified healthcare professional. The BDI-II should be administered and interpreted by a trained professional, and individuals with concerns about their mental health should seek advice from a qualified healthcare provider.

## Notes:

## Signature: