

# Beck Depression Inventory

Name	Date	Score
<p>This questionnaire consists of 21 groups of statements. Please read each group of statements carefully. And then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Check the box beside the statement you have picked.</p>		
<p><b>1</b>   <input type="checkbox"/> <b>0</b>   I do not feel sad  <input type="checkbox"/> <b>1</b>   I feel sad much of the time  <input type="checkbox"/> <b>2</b>   I am sad all the time  <input type="checkbox"/> <b>3</b>   I am so sad or unhappy that I can't stand it</p>		
<p><b>2</b>   <input type="checkbox"/> <b>0</b>   I am not discouraged about my future  <input type="checkbox"/> <b>1</b>   I feel more discouraged about my future than I used to  <input type="checkbox"/> <b>2</b>   I do not expect things to work out for me  <input type="checkbox"/> <b>3</b>   I feel my future is hopeless and will only get worse</p>		
<p><b>3</b>   <input type="checkbox"/> <b>0</b>   I do not feel like a failure  <input type="checkbox"/> <b>1</b>   I have failed more than I should have  <input type="checkbox"/> <b>2</b>   As I look back, I see a lot of failures  <input type="checkbox"/> <b>3</b>   I feel I am a total failure as a person</p>		
<p><b>4</b>   <input type="checkbox"/> <b>0</b>   I get as much pleasure as I ever did from the things I enjoy  <input type="checkbox"/> <b>1</b>   I don't enjoy things as much as I used to  <input type="checkbox"/> <b>2</b>   I get very little pleasure from the things I used to enjoy  <input type="checkbox"/> <b>3</b>   I can't get any pleasure from the things I used to enjoy</p>		
<p><b>5</b>   <input type="checkbox"/> <b>0</b>   I don't feel particularly guilty  <input type="checkbox"/> <b>1</b>   I feel guilty over many things I have done or should have done  <input type="checkbox"/> <b>2</b>   I feel quite guilty most of the time  <input type="checkbox"/> <b>3</b>   I feel guilty all of the time</p>		
<p><b>6</b>   <input type="checkbox"/> <b>0</b>   I don't feel I am being punished  <input type="checkbox"/> <b>1</b>   I feel I may be punished  <input type="checkbox"/> <b>2</b>   I expect to be punished  <input type="checkbox"/> <b>3</b>   I feel I am being punished</p>		
<p><b>7</b>   <input type="checkbox"/> <b>0</b>   I feel the same about myself as ever  <input type="checkbox"/> <b>1</b>   I have lost confidence in myself  <input type="checkbox"/> <b>2</b>   I am disappointed in myself  <input type="checkbox"/> <b>3</b>   I dislike myself</p>		
<p><b>8</b>   <input type="checkbox"/> <b>0</b>   I don't criticize or blame myself more than usual  <input type="checkbox"/> <b>1</b>   I am more critical of myself than I used to be  <input type="checkbox"/> <b>2</b>   I criticize myself for all of my faults  <input type="checkbox"/> <b>3</b>   I blame myself for everything bad that happens.</p>		

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<b>9</b>	<input type="checkbox"/> <b>0</b> I don't have any thoughts of killing myself
	<input type="checkbox"/> <b>1</b> I have thoughts of killing myself, but I would not carry them out
	<input type="checkbox"/> <b>2</b> I would like to kill myself
	<input type="checkbox"/> <b>3</b> I would kill myself if I had the chance
<b>10</b>	<input type="checkbox"/> <b>0</b> I don't cry any more than usual
	<input type="checkbox"/> <b>1</b> I cry more now than I used to
	<input type="checkbox"/> <b>2</b> I cry all the time now
	<input type="checkbox"/> <b>3</b> I used to be able to cry, but now I can't cry even though I want to
<b>11</b>	<input type="checkbox"/> <b>0</b> I am no more irritated by things than I ever was
	<input type="checkbox"/> <b>1</b> I am slightly more irritated now than usual
	<input type="checkbox"/> <b>2</b> I am quite annoyed or irritated a good deal of the time
	<input type="checkbox"/> <b>3</b> I feel irritated all the time
<b>12</b>	<input type="checkbox"/> <b>0</b> I have not lost interest in other people
	<input type="checkbox"/> <b>1</b> I am less interested in other people than I used to be
	<input type="checkbox"/> <b>2</b> I have lost most of my interest in other people
	<input type="checkbox"/> <b>3</b> I have lost all of my interest in other people
<b>13</b>	<input type="checkbox"/> <b>0</b> I make decisions about as well as I ever could
	<input type="checkbox"/> <b>1</b> I put off making decisions more than I used to
	<input type="checkbox"/> <b>2</b> I have greater difficulty in making decisions more than I used to
	<input type="checkbox"/> <b>3</b> I can't make decisions at all anymore
<b>14</b>	<input type="checkbox"/> <b>0</b> I don't feel that I look any worse than I used to
	<input type="checkbox"/> <b>1</b> I am worried that I am looking old or unattractive
	<input type="checkbox"/> <b>2</b> I feel there are permanent changes in my appearance that make me look unattractive
	<input type="checkbox"/> <b>3</b> I believe that I look ugly
<b>15</b>	<input type="checkbox"/> <b>0</b> I can work about as well as before
	<input type="checkbox"/> <b>1</b> It takes an extra effort to get started at doing something
	<input type="checkbox"/> <b>2</b> I have to push myself very hard to do anything
	<input type="checkbox"/> <b>3</b> I can't do any work at all
<b>16</b>	<input type="checkbox"/> <b>0</b> I can sleep as well as usual
	<input type="checkbox"/> <b>1</b> I don't sleep as well as I used to
	<input type="checkbox"/> <b>2</b> I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
	<input type="checkbox"/> <b>3</b> I wake up several hours earlier than I used to and cannot get back to sleep
<b>17</b>	<input type="checkbox"/> <b>0</b> I don't get more tired than usual
	<input type="checkbox"/> <b>1</b> I get tired more easily than I used to
	<input type="checkbox"/> <b>2</b> I get tired from doing almost anything
	<input type="checkbox"/> <b>3</b> I am too tired to do anything

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- 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

- 21  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 have almost no interest in sex  
 3 I have lost interest in sex completely

## Interpretation:

- 1 - 10 These ups and downs are considered normal  
11 - 16 Mild mood disturbance  
17 - 20 Borderline clinical depression  
21 - 30 Moderate depression  
31 - 40 Severe depression  
Over 40 Extreme depression

## Additional notes