

# BECK DEPRESSION INVENTORY SHORT FORM

## Instructions:

This is a questionnaire. On this questionnaire are groups of statements. Please read the entire group of statements in each box. Then pick out the one statement in that group that best describes the way you feel **TODAY**, that is, right now. Tick beside the statement you have chosen. If several statements in the group seem to apply equally well, **tick each one**.

**BE SURE TO READ ALL THE STATEMENTS IN EACH GROUP BEFORE MAKING YOUR CHOICE.**

1.

- a I do not feel sad
- b I feel sad or unhappy.
- c I am unhappy or sad all of the time and I can't snap out of it.
- d I am so unhappy or sad that I can't stand it

3.

- a I do not feel like a failure.
- b I feel I have failed more than the average person.
- c As I look back on my life all I can see is a lot of failures.
- d I feel I am a complete failure as a person (parent, husband, wife).

5.

- a I don't feel particularly guilty.
- b I feel bad or unworthy a good part of the time.
- c I feel quite guilty.
- d I feel as though I am very bad or worthless.

7.

- a I don't have any thoughts about harming myself.
- b I feel I would be better off dead.
- c I have definite plans about committing suicide.
- d I would kill myself if I could.

9

- a I make decisions about as well as ever.
- b I try to put off making decisions
- c I have great difficulty in making decisions.
- d I can't make decisions any more

11.

- a I can work about as well as before.
- b It takes extra effort to get started at doing something.
- c I have to push myself very hard to do anything.
- d I can't do any work at all.

13.

- a My appetite is no worse than usual.

- b My appetite is not as good as it used to be.
- c My appetite is much worse now.
- d I have no appetite at all any more.

2.

- a I am not particularly pessimistic or discouraged about the future.
- b I feel discouraged about the future.
- c I feel I have nothing to look forward to.
- d I feel that the future is hope-less and that things cannot improve.

4.

- a I am not particularly dissatisfied.
- b I don't enjoy things the way I used to.
- c I don't get satisfaction out of anything any more
- d I am dissatisfied with every-thing.

6

- a I don't feel disappointed in myself.
- b I am disappointed in myself.
- c I am disgusted with myself.
- d I hate myself.

8

- a I have not lost interest in other people.
- b I am less interested in other people than I used to be
- c I have all of my interest in other people and have little feeling for them
- d I have lost all of my interest in other people and don't care about them at all.

10

- a I don't feel I look any worse than I used to.
- b I am worried that I am looking old or unattractive.
- c I feel that there are permanent changes in my appearance and they make me look unattractive.
- d I feel that I am ugly or repulsive looking.

12.

- a I don't get more tired than usual
- b I get tired more easily than I used to.
- c I get tired from doing anything.
- d I get too tired to do anything.

Score: a=0, b=1, c=2, d=3

Score total: 0-10 = not depressed

12-18 = depressed

20+ = very depressed **ACTION!**

Name:

Date:

Scorer: