

BECK'S DEPRESSION INVENTORY (Page 1)

Your clinician has indicated a need for a depression inventory. Please indicate your response to the following by filling in the appropriate response numbered at left.

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- I do not feel sad
 - I feel sad
 - I am sad all the time and I can't snap out of it
 - I am so sad and unhappy that I can't stand it
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- I am not particularly discouraged about the future
 - I feel discouraged about the future
 - I feel I have nothing to look forward to
 - I feel the future is hopeless and that things cannot improve
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- I do not feel like a failure
 - I feel I have failed more than the average person
 - As I look back on my life, all I can see is a lot of failures
 - I feel I am a complete failure as a person
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- I get as much satisfaction out of things as I used to
 - I don't enjoy things the way I used to
 - I don't get real satisfaction out of anything anymore
 - I am dissatisfied or bored with everything
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- I don't feel particularly guilty
 - I feel guilty a good part of the time
 - I feel quite guilty most of the time
 - I feel guilty all of the time
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- I don't feel I am being punished
 - I feel I may be punished
 - I expect to be punished
 - I feel I am being punished
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- I don't feel disappointed in myself
 - I am disappointed in myself
 - I am disgusted with myself
 - I hate myself
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- I don't feel I am any worse than anybody else
- I am critical of myself for my weakness or mistakes
- I blame myself all the time for my faults

BECK'S DEPRESSION INVENTORY (Page 2)

I blame myself for everything bad that happens

- I don't have any thought of killing myself
 - I have thoughts of killing myself, but I would not carry them out
 - I would like to kill myself
 - I would kill myself if I had the chance
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- I don't cry any more than usual
 - I cry more now than I used to
 - I cry all the time
 - I used to be able to cry, but now I can't cry even though I want to
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- I am no more irritated by things than I ever was
 - I am slightly more irritated now than usual
 - I am quite annoyed or irritated a good deal of the time
 - I feel irritated all of the time
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- I have not lost interest in other people
 - I am less interested in other people than I used to be
 - I have lost most of my interest in other people
 - I have lost all of my interest in other people
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- I make decisions about as well as I ever could
 - I put off making decisions more than I used to
 - I have greater difficulty in making decisions more than I used to
 - I can't make decisions at all anymore
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- I don't feel that I look any worse than I used to
 - I am worried that I am looking old or unattractive
 - I feel there are permanent changes in my appearance that make me look unattractive
 - I believe that I look ugly
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- I can work as well as before
 - It takes an extra effort to get started at doing something
 - I have to push myself very hard to do anything
 - I can't do any work at all
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- I can sleep as well as usual
 - I don't sleep as well as I used to
 - I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
 - I wake up several hours earlier than I used to and can not get back to sleep
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BECK'S DEPRESSION INVENTORY (Page 3)

- I don't get more tired than usual
 - I get tired more easily than I used to
 - I get tired from doing almost anything
 - I am too tired to do anything
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- My appetite is no worse than usual
 - My appetite is not as good as it used to be
 - My appetite is much worse now
 - I have no appetite at all anymore
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- I haven't lost much weight, if any, lately
 - I have lost more than five pounds
 - I have lost more than 10 pounds
 - I have lost more than 15 pounds
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- I am not worried about my health more than usual
 - I am worried about physical problems like aches, pain, upset stomach or constipation
 - I am very worried about physical problems and it is hard to think about much else
 - I am so worried about my physical problems that I cannot think about anything else
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- I have not noticed any recent changes in my interest in sex
 - I am less interested in sex than I used to be
 - I have almost no interest in sex
 - I have lost interest in sex completely
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