

## Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

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

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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

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<b>19</b>	
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
<b>20</b>	
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
<b>21</b>	
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

Total Score	Question #2	Question #9	Any Question =3