

Beck Depression Inventory

Sadness

- 0. I do not feel sad.
- 1. I feel sad much of the time.
- 2. I am sad all the time.
- 3. I am so sad or unhappy that I can't stand it.

Pessimism

- 0. I am not discouraged about my future.
- 1. I feel more discouraged about my future than I used to be.
- 2. I do not expect things to work out for me.
- 3. I feel my future is hopeless and will only get worse.

Past Failure

- 0. I do not feel like a failure.
- 1. I have failed more than I should have.
- 2. As I look back I see a lot of failures.
- 3. I feel I am a total failure as a person.

Loss of Pleasure

- 0. I get as much pleasure as I ever did from the things I enjoy.
- 1. I don't enjoy things as much as I used to.
- 2. I get very little pleasure from the things I used to enjoy.
- 3. I can't get any pleasure from the things I used to enjoy.

Guilty Feelings

- 1. I don't feel particularly guilty.
- 2. I feel guilty over many things I have done or should have done.
- 3. I feel guilty most of the time.
- 4. I feel guilty all the time.

Punishment Feelings

- 1. I don't feel I am being punished.
- 2. I feel I may be punished.
- 3. I expect to be punished.
- 4. I feel I am being punished.

Self-Dislike

- 0. I feel the same about myself as ever.
- 1. I have lost confidence in myself.
- 2. I am disappointed in myself.
- 3. I dislike myself.

Self-Criticalness

- 0. I don't criticize or blame myself more than usual.
- 1. I am more critical of myself than I used to be.
- 2. I criticize myself for all of my faults.
- 3. I blame myself for everything bad than happens.

Suicidal Thoughts or Wishes

- 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.

Crying

- 0. I don't cry anymore than I used to.
- 1. I cry more than I used to.
- 2. I cry over every little thing.
- 3. I feel like crying, but I can't.

Agitation

- 0. I am no more restless or wound up than usual.
- 1. I feel more restless or wound up than usual.
- 2. I am so restless or agitated that it's hard to stay still.
- 3. I am so restless or agitated that I have to keep moving or doing something.

Loss of Interest

- 0. I have not lost interest in other people or activities.
- 1. I am less interested in other people or things than before.
- 2. I have lost most of my interest in other people or things.
- 3. It's hard to get interested in anything.

Indecisiveness

- 0. I make decisions about as well as ever.
- 1. I find it is more difficult to make decisions than usual.
- 2. I have much greater difficulty in making decisions than I used to.
- 3. I have trouble making any decisions.

Worthlessness

- 0. I do not feel I am worthless.
- 1. I don't consider myself as worthwhile and useful as I used to.
- 2. I feel more worthless as compare to other people.
- 3. I feel utterly worthless.

Loss of Energy

- 0. I have as much energy as ever.
- 1. I have less energy than I used to have.
- 2. I don't have enough energy to do very much.
- 3. I don't have enough energy to do anything.

Changes in Sleeping Pattern

- 0. I have not experienced any change in my sleeping pattern.
- 1. I sleep somewhat less than usual. –
or–
I sleep somewhat more than usual.
- 2. I sleep a lot less than usual. –or–
I sleep a lot more than usual.
- 3. I sleep most of the day. –or–
I wake up 1-2 hours early and can't get back to sleep.

Irritability

- 0. I am no more irritable than usual.
- 1. I am more irritable than usual.
- 2. I am much more irritable than usual.
- 3. I am irritable all the time.

Changes in Appetite

- 0. I have not experienced any change in my appetite.
- 1. My appetite is somewhat less than usual. –or–
My appetite is somewhat greater than usual.
- 2. My appetite is much less than usual. –or–
My appetite is much greater than usual.
- 3. I have no appetite at all. –or–
I crave food all the time.

Concentration Difficulty

- 0. I can concentrate as well as ever.
- 1. I can't concentrate as well as usual.
- 2. It's hard to keep my mind on anything for very long.
- 3. I find I can't concentrate on anything.

Tiredness or Fatigue

- 0. I am no more tired or fatigued than usual.
- 1. I get more tired or fatigued more easily than usual.
- 2. I am too tired or fatigued to do a lot of the things I used to do.
- 3. I am too tired or fatigued to do most of the things I used to do.

Loss of Interest in Sex

- 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 am much less interested in sex now.
- 3. I have lost interest in sex completely