**Beck's Depression Inventory**

For each block of statements, read each statement and then mark the statement that is most applicable to how you have felt over the past two weeks.

|  |  |  |
| --- | --- | --- |
| 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 |
|  |  |  |
| 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 |
|  | | |
| 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 |