

Beck Depression Inventory

BDI – II

Name: _____ Date: _____

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully and then pick out **the one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).

1. Sadness		6. Punishment Feelings	
0	I do not feel sad.	0	I don't feel I am being punished.
1	I feel sad much of the time.	1	I feel I may be punished.
2	I am sad all the time.	2	I expect to be punished.
3	I am so sad or unhappy that I can't stand it.	3	I feel I am being punished.
2. Pessimism		7. Self-Dislike	
0	I am not discouraged about my future.	0	I feel the same about myself as ever.
1	I feel more discouraged about my future than I used to be.	1	I have lost confidence in myself.
2	I do not expect things to work out for me.	2	I am disappointed in myself.
3	I feel my future is hopeless and will only get worse.	3	I dislike myself.
3. Past Failure		8. Self-Criticalness	
0	I do not feel like a failure.	0	I don't criticize or blame myself more than usual.
1	I have failed more than I should have.	1	I am more critical of myself than I used to be.
2	As I look back, I see a lot of failures.	2	I criticize myself for all of my faults.
3	I feel I am a total failure as a person.	3	I blame myself for everything bad that happens.
4. Loss of Pleasure		9. Suicidal Thoughts or Wishes	
0	I get as much pleasure as I ever did from the things I enjoy.	0	I don't have any thoughts of killing myself.
1	I don't enjoy things as much as I used to.	1	I have thoughts of killing myself, but I would not carry them out.
2	I get very little pleasure from the things I used to enjoy.	2	I would like to kill myself.
3	I can't get any pleasure from the things I used to enjoy.	3	I would kill myself if I had the chance.
5. Guilty Feelings		10. Crying	
0	I don't feel particularly guilty.	0	I don't cry any more than I used to.
1	I feel guilty over many things I have done or should have done.	1	I cry more than I used to.
2	I feel quite guilty most of the time.	2	I cry over every little thing.
3	I feel guilty all of the time.	3	I feel like crying, but I can't.

11. Agitation		17. Irritability	
0	I am no more restless or wound up than usual.	0	I am no more irritable than usual.
1	I feel more restless or wound up than usual.	1	I am more irritable than usual.
2	I am so restless or agitated that It's hard to stay still.	2	I am much more irritable than usual.
3	I am so restless or agitated that I have to keep moving or doing something.	3	I am irritable all the time.
12. Loss of Interest		18. Changes in Appetite	
0	I have not lost interest in other people or activities.	0	I have not experienced any change in my appetite.
1	I am less interested in other people or things than before.	1a	My appetite is somewhat less than usual.
		1b	My appetite is somewhat greater than usual.
2	I have lost most of my interest in other people or things.	2a	My appetite is much less than before.
		2b	My appetite is much greater than usual.
3	It's hard to get interested in anything.	3a	I have no appetite at all.
		3b	I crave food all the time.
13. Indecisiveness		19. Concentration Difficulty	
0	I make decisions about as well as ever.	0	I can concentrate as well as ever.
1	I find it more difficult to make decisions than usual.	1	I can't concentrate as well as usual.
2	I have much greater difficulty in making decisions than I used to.	2	It's hard to keep my mind on anything for very long.
3	I have trouble making any decisions.	3	I find I can't concentrate on anything.
14. Worthlessness		20. Tiredness or Fatigue	
0	I do not feel I am worthless.	0	I am no more tired or fatigued than usual.
1	I don't consider myself as worthwhile and useful as I used to.	1	I get more tired or fatigued more easily than usual.
2	I feel more worthless as compared to other people.	2	I am too tired or fatigued to do a lot of the things I used to do.
3	I feel utterly worthless.	3	I am too tired or fatigued to do most of the things I used to do.
15. Loss of Energy		21. Loss of Interest in Sex	
0	I have as much energy as ever.	0	I have not noticed any recent change in my interest in sex.
1	I have less energy than I used to have.	1	I am less interested in sex than I used to be.
2	I don't have enough energy to do very much.	2	I am much less interested in sex now.
3	I don't have enough energy to do anything.	3	I have lost interest in sex completely.
16. Changes in Sleeping Pattern			
0	I have not experienced any change in my sleeping pattern.		
1a	I sleep somewhat more than usual.		
1b	I sleep somewhat less than usual.		
2a	I sleep a lot more than usual.		
2b	I sleep a lot less than usual.		
3a	I sleep most of the day.		
3b	I wake up 1-2 hours early and can't get back to sleep.		

Scoring the Beck Depression Inventory

After you have completed the questionnaire, add up the score for each of the 21 questions. The following table indicates the relationship between total score and level of depression according to the Beck Depression Inventory,

Classification	Total Score	Level of Depression
Low	1-10	Normal ups and downs
	11-16	Mild mood disturbance
Moderate	17-20	Borderline clinical depression
	21-30	Moderate depression
Significant	31-40	Severe depression
	Over 40	Extreme depression

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