

Name:

Date:

## Beck Depression Inventory II

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Select the **one statement** that best describes the way you have been feeling during the **past two weeks, including today**.

### 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

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

### Punishment Feelings

- 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.

### 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 that 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 any more 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 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 compared 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 more than usual.
- 2** I sleep somewhat less than usual.
- 3** I sleep a lot more than usual.
- 4** I sleep a lot less than usual.
- 5** I sleep most of the day.
- 6** 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 changes in my appetite.
- 1** My appetite is somewhat less than usual.
- 2** My appetite is somewhat greater than usual.
- 3** My appetite is much less than before.
- 4** My appetite is much greater than usual.
- 5** I have no appetite at all.
- 6** 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.
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Total Score \_\_\_\_\_

0 – 13 Minimal depression  
14 - 19 Mild depression  
20 – 28 moderate depression  
29 – 69 severe depression