

Beck Depression Index

How much have you been bothered by each symptoms in the past week? Find the closest answer in each category.

Sadness	I do not feel sad	0
	I feel sad much of the time	1
	I am sad all of the time	2
	I am so sad or unhappy I can't stand it	3
Pessimism	I am not discouraged about my future	0
	I feel more discouraged about my future than I used to be	1
	I do not expect things to work out for me	2
	I feel my future is hopeless and will only get worse	3
Past Failure	I do not feel like a failure	0
	I have failed more than I should have	1
	As I look back, I see a lot of failures	2
	I feel I am a total failure as a person	3
Self-Dislike	I feel the same about myself as ever	0
	I have lost confidence in myself	1
	I am disappointed in myself	2
	I dislike myself	3
Self-Criticalness	I don't blame or criticize myself more than usual	0
	I am more critical of myself than I used to be	1
	I criticize myself for all my faults	2
	I blame myself for everything bad that happens	3
Suicidal Wishes or Thoughts	I don't have any thoughts of killing myself	0
	I have thoughts of killing myself, but I would not carry them out	1
	I would like to kill myself	2
	I would kill myself if I had the chance	3

Loss of Interest and Pleasure	I have not lost interest in other people or things	0
	I am less interested in other people or activities than I used to	1
	I have lost most of my interest in other people or things	2
	It's hard to get interested in anything	3

Total: _____

Scoring

0-3	Minimal Depression
4-6	Mild Depression
7-9	Moderate Depression
10-21	Severe Depression