



F.I.R.S.T. Health

BECK DEPRESSION INVENTORY (BDI)

Instructions: Please read each item carefully and circle the number next to the answer that best reflects how you have been feeling during the past few days. Make sure you circle one for each of the 21 questions.

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 that the future is hopeless and 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 failure
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 all the time for my faults
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 thought 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 am
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 now
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 than before
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 that 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 almost anything
3 I am 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 such as aches and pains, or 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 about anything else
21. 0 I have not noticed any recent change in my interest
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

From Felling Good: The New Mood Therapy, Burns DD, Avon Books, New York

Print Name: _____ Date: _____ Signature: _____ Score: _____