

Beck Depression Inventory (BDI-II)

Please answer the following questions, based on how you have been feeling in the past two weeks, including today.

1. Sadness

- 0: I do not feel sad.
- 1: I feel sad much of the time.
- 2: I am sad all the time and I can't snap out of it.
- 3: I am so sad or unhappy that I can't stand it.

2. 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.

3. 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.

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4. 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.

5. 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.

6. 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.

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7. 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.

8. 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.

9. 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.

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10. 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.

11. 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.

12. 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.

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13. 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.

14. Worthlessness

- 0: I do not feel 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.

15. 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.

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16. Changes in Sleeping Pattern

- 0: I have not experienced any change in my sleeping.
- 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.

17. 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.

18. Changes in Appetite

- 0: I have not experienced any change in my appetite.
- 1a: My appetite is somewhat less than usual. / 1b: My appetite is somewhat greater than usual.
- 2a: My appetite is much less than before. / 2b: My appetite is much greater than usual.
- 3a: I have no appetite at all. / 3b: I crave food all the time.

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19. 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.

20. Tiredness or Fatigue

- 0: I am no more tired or fatigued than usual.
- 1: I get 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.

21. 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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Scoring Guide

Total Score Depression Level

0–13	Minimal depression
14–19	Mild depression
20–28	Moderate depression
29–63	Severe depression