



# Family Psychiatry and Therapy

## Beck Depression Inventory

Circle the answer the best describes how you felt *in the last month*.

Client/Patient Name \_\_\_\_\_ Date: \_\_\_\_\_

Score	0	1	2	3
1.	I do not feel sad	I feel sad	I am sad all the time and I can't snap out of it	I am so sad and unhappy that I can't stand it
2.	I am not particularly discouraged about the future	I feel discouraged about the future	I feel I have nothing to look forward to	I feel the future is hopeless and that things cannot improve
3.	I do not feel like a failure	I feel I have failed more than the average person	As I look back on my life, all I can see is a lot of failures	I feel I am a complete failure as a person
4.	I get as much satisfaction out of things as I used to	I don't enjoy things the way I used to	I don't get real satisfaction out of anything anymore	I am dissatisfied or bored with everything
5.	I don't feel particularly guilty	I feel guilty a good part of the time	I feel quite guilty most of the time	I feel guilty all of the time
6.	I don't feel I am being punished	I feel I may be punished	I expect to be punished	I feel I am being punished
7.	I don't feel disappointed in myself	I am disappointed in myself	I am disgusted with myself	I hate myself
8.	I don't feel I am any worse than anybody else	I am critical of myself for my weaknesses or mistakes	I blame myself all the time for my faults	I blame myself for everything bad that happens
9.	I don't have any thoughts of killing myself	I have thoughts of killing myself, but I would not carry them out	I would like to kill myself	I would kill myself if I had the chance
10.	I don't cry any more than usual	I cry more now than I used to	I cry all the time now	I used to be able to cry, but now I can't cry even though I want to
11.	I am no more irritated by things than I ever was	I am slightly more irritated now than usual	I am quite annoyed or irritated a good deal of the time	I feel irritated all the time
12.	I have not lost interest in other people	I am less interested in other people than I used to be	I have lost most of my interest in other people	I have lost all of my interest in other people
13.	I make decisions about as well as I ever could	I put off making decisions more than I used to	I have greater difficulty in making decisions more than I used to	I can't make decisions at all anymore
14.	I don't feel that I look any worse than I used to	I am worried that I am looking old or unattractive	I feel there are permanent changes in my appearance that make me look unattractive	I believe that I look ugly
15.	I can work about as well as before	It takes an extra effort to get started at doing something	I have to push myself very hard to do anything	I can't do any work at all
16.	I can sleep as well as usual	I don't sleep as well as I used to	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep	I wake up several hours earlier than I used to and cannot get back to sleep
17.	I don't get more tired than usual	I get tired more easily than I used to	I get tired from doing almost anything	I am too tired to do anything
18.	My appetite is no worse than usual	My appetite is not as good as it used to be	My appetite is much worse now	I have no appetite at all anymore
19.	I haven't lost much weight, if any, lately	I have lost more than five pounds	I have lost more than ten pounds	I have lost more than fifteen pounds
20.	I am no more worried about my health than usual	I am worried about physical problems like aches, pains, upset stomach, or constipation	I am very worried about physical problems and it's hard to think of much else	I am so worried about my physical problems that I cannot think of anything else
21.	I have not noticed any recent change in my interest in sex	I am less interested in sex than I used to be	I have almost no interest in sex	I have lost interest in sex completely

## Family Psychiatry and Therapy

17 Arcadian Way, Suite 108, Paramus, NJ 07652

Phone: 201-977-2889 - Fax: 201-977-2890 – Email: [admin@familypsychnj.com](mailto:admin@familypsychnj.com)