

Beck Depression Inventory (BDI)

The Beck Depression Inventory (BDI) is a self-administered 21-item self-report scale, presented in multiple choice format, designed to detect presence of depression in adolescents and adults, and to measure characteristic attitudes and symptoms of depression independent of any particular theoretical bias.

Each of the inventory items corresponds to a specific category of depressive symptom and/or attitude. Each category purports to describe a specific behavioral manifestation of depression and consists of a graded series of four self-evaluative statements. The statements are rank ordered and weighted to reflect the range of severity of the symptom from neutral to maximum severity. Numerical Values of zero, one, two, or three are assigned to each statement to indicate degree of severity.

Adding up the scores for all of the twenty-one questions, the single total score is produced indicating intensity of the depression.

There are two versions of the BDI:

- **the original version of BDI**, published in 1961 (Beck, Ward, Mendelson, Mock & Erbaugh, 1961).
- **the revised version of BDI**, published in 1971.

Specific categories of depressive symptom and/or attitude, corresponding to each of the inventory items:

Item	Depressive symptom and/or attitude
1	Sadness
2	Pessimism
3	Sense of failure
4	Dissatisfaction
5	Guilt
6	Expectation of punishment
7	Self -dislike
8	Self -blame
9	Suicidal thoughts
10	Episodes of crying
11	Irritability
12	Social withdrawal
13	Indecisiveness
14	Worthlessness
15	Retardation
16	Insomnia
17	Fatigability
18	Loss of appetite
19	Loss of weight
20	Somatic preoccupation
21	Lack of interest in sex

Total Score Levels of Depression

05 - 09 No depression

10 - 18 Mild to moderate depression

19 - 29 Moderate to severe depression

30 - 63 Severe depression

Score below 5 may indicate possible denial of depression, as it is below usual scores for normal individuals.

Score over 40 is significantly above the scores for even severely depressed persons, suggesting possible exaggeration of depression.

Source: <http://www.swin.edu.au/victims/resources/assessment/affect/bdi.html>

Beck Depression Inventory

Choose one statement from among the group of four statements in each question that best describes how you have been feeling during the **past few days**. Circle the number beside your choice.

1	<p>0 I do not feel sad.</p> <p>1 I feel sad.</p> <p>2 I am sad all the time and I can't snap out of it.</p> <p>3 I am so sad or unhappy that I can't stand it.</p>
2	<p>0 I am not particularly discouraged about the future.</p> <p>1 I feel discouraged about the future.</p> <p>2 I feel I have nothing to look forward to.</p> <p>3 I feel that the future is hopeless and that things cannot improve.</p>
3	<p>0 I do not feel like a failure.</p> <p>1 I feel I have failed more than the average person.</p> <p>2 As I look back on my life, all I can see is a lot of failure.</p> <p>3 I feel I am a complete failure as a person.</p>
4	<p>0 I get as much satisfaction out of things as I used to.</p> <p>1 I don't enjoy things the way I used to.</p> <p>2 I don't get any real satisfaction out of anything anymore.</p> <p>3 I am dissatisfied or bored with everything.</p>
5	<p>0 I don't feel particularly guilty.</p> <p>1 I feel guilty a good part of the time.</p> <p>2 I feel quite guilty most of the time.</p> <p>3 I feel guilty all of the time.</p>
6	<p>0 I don't feel I am being punished.</p> <p>1 I feel I may be punished.</p> <p>2 I expect to be punished.</p> <p>3 I feel I am being punished.</p>
7	<p>0 I don't feel disappointed in myself.</p> <p>1 I am disappointed in myself.</p> <p>2 I am disgusted with myself.</p> <p>3 I hate myself.</p>
8	<p>0 I don't feel I am any worse than anybody else.</p> <p>1 I am critical of myself for my weaknesses or mistakes.</p> <p>2 I blame myself all the time for my faults.</p> <p>3 I blame myself for everything bad that happens.</p>
9	<p>0 I don't have any thoughts of killing myself.</p> <p>1 I have thoughts of killing myself, but I would not carry them out.</p> <p>2 I would like to kill myself.</p> <p>3 I would kill myself if I had the chance.</p>
10	<p>0 I don't cry any more than usual.</p> <p>1 I cry more now than I used to.</p> <p>2 I cry all the time now.</p> <p>3 I used to be able to cry, but now I can't cry even though I want to.</p>
11	<p>0 I am no more irritated by things than I ever am.</p> <p>1 I am slightly more irritated now than usual.</p> <p>2 I am quite annoyed or irritated a good deal of the time.</p> <p>3 I feel irritated all the time now.</p>
12	<p>0 I have not lost interest in other people.</p> <p>1 I am less interested in other people than I used to be.</p> <p>2 I have lost most of my interest in other people.</p> <p>3 I have lost all of my interest in other people.</p>
13	<p>0 I make decisions about as well as I ever could.</p> <p>1 I put off making decisions more than I used to.</p> <p>2 I have greater difficulty in making decisions than before.</p> <p>3 I can't make decisions at all anymore.</p>
14	<p>0 I don't feel that I look any worse than I used to.</p> <p>1 I am worried that I am looking old or unattractive.</p> <p>2 I feel that there are permanent changes in my appearance that make me look unattractive.</p> <p>3 I believe that I look ugly.</p>
15	<p>0 I can work about as well as before.</p> <p>1 It takes an extra effort to get started at doing something.</p> <p>2 I have to push myself very hard to do anything.</p> <p>3 I can't do any work at all.</p>

16	<p>0 I can sleep as well as usual.</p> <p>1 I don't sleep as well as I used to.</p> <p>2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.</p> <p>3 I wake up several hours earlier than I used to and cannot get back to sleep.</p>
17	<p>0 I don't get more tired than usual.</p> <p>1 I get tired more easily than I used to.</p> <p>2 I get tired from doing almost anything.</p> <p>3 I am too tired to do anything.</p>
18	<p>0 My appetite is no worse than usual.</p> <p>1 My appetite is not as good as it used to be.</p> <p>2 My appetite is much worse now.</p> <p>3 I have no appetite at all anymore.</p>
19	<p>0 I haven't lost much weight, if any, lately.</p> <p>1 I have lost more than five pounds.</p> <p>2 I have lost more than ten pounds.</p> <p>3 I have lost more than fifteen pounds.</p> <p>(Score 0 if you have been purposely trying to lose weight.)</p>
20	<p>0 I am no more worried about my health than usual.</p> <p>1 I am worried about physical problems such as aches and pains, or upset stomach, or constipation.</p> <p>2 I am very worried about physical problems, and it's hard to think of much else.</p> <p>3 I am so worried about my physical problems that I cannot think about anything else.</p>
21	<p>0 I have not noticed any recent change in my interest in sex.</p> <p>1 I am less interested in sex than I used to be.</p> <p>2 I am much less interested in sex now.</p> <p>3 I have lost interested in sex completely.</p>

SCORING

01 – 10: No depression
 11 – 16: Mild mood disturbance
 17 – 20: Borderline clinical depression
 21 – 30: Moderate depression
 31 – 40: Severe depression
 over 40: Extreme depression

Source: http://www.psych.upenn.edu/courses/psych001_601_Fall2002/bdi.doc

Beck Depression Inventory II (BDI-II)

The BDI-II is a 1996 revision of the BDI (Beck, Steer & Brown, 1996), created to fall in line with the updated DSM-IV criteria for depression. Items involving changes in body image, somatic preoccupation, and work difficulty were replaced. Sleep loss and appetite loss items were revised to assess both increases and decreases in sleep and appetite. Participants are asked to rate how they have been feeling for the past two weeks, as opposed to the past week as in the original BDI.

The BDI-II contains 21 questions, each answer being scored on a scale value of 0 to 3.

Total Score Levels of Depression

0-13	minimal depression;
14-19	mild depression;
20-28	moderate depression;
29-63	severe depression.

Alternative depression measures:

- The Center for Epidemiologic Studies - Depression Scale (CES-D),
- The Hospital Anxiety and Depression Scale (HADS).

Reference: Aaron T. Beck (1996) Beck Depression Inventory, Harcourt

21-Item Depression Inventory, using 5-Point Response Scale (based on the BDI)

This is a self-administered 21-item self-assessment questionnaire inventory, presented in multiple-choice format, which uses 5-point response scale, designed to detect presence of depression in adolescents and adults, and to measure characteristic attitudes and symptoms of depression.

Everyone gets "the blues" from time to time, but when sadness just won't go away, it could be depression. As you answer these confidential questions, think about how you've been feeling every day, most of the day, for at least the past 2 weeks:

The 5-point Response Scale (0 – 4 Likert Response Scale):

- 0 - Not at all
- 1 - Very seldom
- 2 - Sometimes
- 3 - Most of the time
- 4 - All of the time

Questions:

1. I've noticed a change in my sleeping pattern such as difficulty falling asleep, waking up frequently throughout the night, or oversleeping in the morning.
2. I feel like I've lost interest in activities that were once enjoyable for me.
3. I've been feeling sad, blue, unhappy, or down in the dumps.
4. When the phone rings, I tend to ignore it even when I know it may be a good friend calling.
5. It feels like I've been drained of all energy and that to do just about anything will take more effort than I can summon.
6. I've been feeling weepy and crying a lot.
7. It seems as though everything is going wrong no matter how hard I'm trying.
8. I've been turning down invitations to get together with friends because trying to socialize feels like it will take more energy than I have or because I think my "down" mood will just depress everyone else.
9. I find myself purposefully or absentmindedly engaging in risky behavior such as crossing the street when the signal is red, or not wearing my seat belt.
10. I've been staying home from work or school because of my depressed mood.
11. It's been taking longer and has seemed harder than usual to make decisions.
12. I feel inadequate, like a failure, and not very likable.
13. I've been getting headaches, stomachaches, backaches, or pains in my joints or muscles that can't be traced to a physical illness or injury.
14. I've been thinking a lot about my own death.
15. I've gained weight or lost weight without really trying.
16. I find it hard to concentrate for any real length of time.
17. I've been thinking about suicide.
18. I've been drinking more alcohol than I usually do.
19. It seems like I've lost interest in sex--or I'm experiencing sexual difficulties.
20. I've been feeling restless and/or irritable.
21. Eating seems to be more trouble than it's worth.