

## Beck Depression Inventory

The Beck Depression Inventory is not a “test”. There are no right and wrong answers. It is meant to be like a mirror, accurately reflecting what you are feeling and experiencing. For each of the 12 questions, check the box that most accurately reflects what you feel today.

		Score:
1.	<input type="checkbox"/> I do not feel sad.	0
	<input type="checkbox"/> I feel sad.	1
	<input type="checkbox"/> I am sad all the time.	2
	<input type="checkbox"/> I am so sad or unhappy that I can't stand it.	3
2.	<input type="checkbox"/> I am not particularly discouraged about the future.	0
	<input type="checkbox"/> I feel discouraged about the future.	1
	<input type="checkbox"/> I feel I have nothing to look forward to.	2
	<input type="checkbox"/> I feel that the future is hopeless and that things cannot improve.	3
3.	<input type="checkbox"/> I do not feel like a failure.	0
	<input type="checkbox"/> I feel I have failed more than the average person.	1
	<input type="checkbox"/> As I look back on my life, all I see is a lot of failures.	2
	<input type="checkbox"/> I feel I am a complete failure as a person.	3
4.	<input type="checkbox"/> I get as much satisfaction out of things as I used to.	0
	<input type="checkbox"/> I don't enjoy things the way I used to.	1
	<input type="checkbox"/> I don't get real satisfaction out of anything anymore.	2
	<input type="checkbox"/> I am dissatisfied or bored with everything.	3
5.	<input type="checkbox"/> I don't feel particularly guilty.	0
	<input type="checkbox"/> I feel guilty a good part of the time.	1
	<input type="checkbox"/> I feel quite guilty most of the time.	2
	<input type="checkbox"/> I feel guilty all of the time.	3
6.	<input type="checkbox"/> I don't feel I am being punished.	0
	<input type="checkbox"/> I feel I may be punished.	1
	<input type="checkbox"/> I expect to be punished.	2
	<input type="checkbox"/> I feel I am being punished.	3
7.	<input type="checkbox"/> I don't feel disappointed in myself.	0
	<input type="checkbox"/> I am disappointed in myself.	1
	<input type="checkbox"/> I am disgusted with myself.	2
	<input type="checkbox"/> I hate myself.	3
8.	<input type="checkbox"/> I don't feel I am any worse than anybody else.	0
	<input type="checkbox"/> I am critical of myself for my weaknesses or mistakes.	1
	<input type="checkbox"/> I blame myself all the time for my faults.	2
	<input type="checkbox"/> I blame myself for everything bad that happens.	3
9.	<input type="checkbox"/> I don't have any thoughts of killing myself.	0
	<input type="checkbox"/> I have thoughts of killing myself, but I would not carry them out.	1
	<input type="checkbox"/> I would like to kill myself.	2
	<input type="checkbox"/> I would like to kill myself if I had the chance.	3
10.	<input type="checkbox"/> I don't cry anymore than usual.	0
	<input type="checkbox"/> I cry more now than I used to.	1
	<input type="checkbox"/> I cry all the time now.	2
	<input type="checkbox"/> I used to be able to cry, but now I can't cry even though I want to.	3
11.	<input type="checkbox"/> I am no more irritated by things than I ever am.	0
	<input type="checkbox"/> I am slightly more irritated now than usual.	1
	<input type="checkbox"/> I am quite annoyed or irritated a good deal of the time.	2
	<input type="checkbox"/> I feel irritated all the time now.	3

12.  I have not lost interest in other people. 0  
 I am less interested in other people than I used to be. 1  
 I have lost most of my interest in other people. 2  
 I have lost all of my interest in other people. 3
13.  I make decisions about as well as I ever could. 0  
 I put off making decisions more than I used to. 1  
 I have greater difficulty in making decisions than before. 2  
 I can't make decisions at all anymore. 3
14.  I don't feel that I look any worse than I used to. 0  
 I am worried that I am looking old or unattractive. 1  
 I feel that there are permanent changes in my appearance that make me look unattractive. 2  
 I believe that I look ugly. 3
15.  I can work about as well as before. 0  
 It takes an extra effort to get started at doing things. 1  
 I have to push myself very hard to do anything. 2  
 I can't do any work at all. 3
16.  I can sleep as well as usual. 0  
 I don't sleep as well as I used to. 1  
 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep. 2  
 I wake up several hours earlier than I used to and cannot get back to sleep. 3
17.  I don't get more tired than usual. 0  
 I get tired more easily than I used to. 1  
 I get tired from doing almost anything. 2  
 I am too tired to do anything. 3
18.  My appetite is no worse than usual. 0  
 My appetite is not as good as it used to be. 1  
 My appetite is much worse now. 2  
 I have no appetite at all anymore. 3
19.  I haven't lost much weight, if any, lately. 0  
 I have lost more than five pounds. 1  
 I have lost more than ten pounds. 2  
 I have lost more than fifteen pounds. 3
20.  I am no more worried about my health than usual. 0  
 I am worried about physical problems such as aches and pains, or upset stomach, or constipation. 1  
 I am very worried about physical problems and it's hard to think of much else. 2  
 I am so worried about my physical problems that I cannot think about anything else. 3
21.  I have not noticed any recent change in my interest in sex. 0  
 I am less interested in sex than I used to be. 1  
 I am much less interested in sex now. 2  
 I have lost interest in sex completely. 3

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Now that you have completed the inventory, add up the score for each of the 21 questions and obtain the total. The highest score possible is 63 and the lowest is zero.

Total Score	Level of Depression
1 – 10	These are normal mood swings
11 – 16	Mild mood disturbance
17 – 20	“Borderline” depression

Total Score	Level of Depression
21 – 30	“Moderate” depression
31 – 40	“Severe” depression
Over 40	“Extreme” depression

## **Beck Depression Inventory - 2nd Edition**

**Purpose:** Designed to determine presence and severity of symptoms of depression.

**Population:** Adolescents and adults.

**Score:** Produces single score indicating intensity of the depressive symptoms.

**Time:** 5-10 minutes, longer for patients with severe depression or obsessional disorders.

**Author:** Aaron T. Beck, Robert A. Steer, and Gregory K. Brown.

**Publisher:** the Psychological Corporation.

**Description:** The Beck Depression Inventory Second Edition (BDI-II) is a 21-item self-report instrument intended to assess the existence and severity of symptoms of depression as listed in the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* Fourth Edition (DSM-IV; 1994). This new revised edition replaces the BDI and the BDI-1A, and includes items intending to index symptoms of severe depression, which would require hospitalization. Items have been changed to indicate increases or decreases in sleep and appetite, items labeled body image, work difficulty, weight loss, and somatic preoccupation were replaced with items labeled agitation, concentration difficulty and loss of energy, and many statements were reworded resulting in a substantial revision of the original BDI and BDI-1A. When presented with the BDI-II, a patient is asked to consider each statement as it relates to the way they have felt for the past two weeks, to more accurately correspond to the DSM-IV criteria.

**Scoring:** Each of the 21 items corresponding to a symptom of depression is summed to give a single score for the BDI-II. There is a four-point scale for each item ranging from 0 to 3. On two items (16 and 18) there are seven options to indicate either an increase or decrease of appetite and sleep. Cut score guidelines for the BDI-II are given with the recommendation that thresholds be adjusted based on the characteristics of the sample, and the purpose for use of the BDI-II. Total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe.

**Reliability:** BDI has been used for 35 years to identify and assess depressive symptoms, and has been reported to be highly reliable regardless of the population. It has a high coefficient alpha, (.80) its construct validity has been established, and it is able to differentiate depressed from non-depressed patients. For the BDI-II the coefficient alphas (.92 for outpatients and .93 for the college students) were higher than those for the BDI- 1A (.86). The correlations for the corrected item-total were significant at .05 level (with a Bonferroni adjustment), for both the outpatient and the college student samples. Test-retest reliability was studied using the responses of 26 outpatients who were tested at first and second therapy sessions one week apart. There was a correlation of .93, which was significant at  $p < .001$ . The mean scores of the first and second total scores were comparable with a paired  $t(25)=1.08$ , which was not significant.

**Validity:** One of the main objectives of this new version of the BDI was to have it conform more closely to the diagnostic criteria for depression, and items were added, eliminated and reworded to specifically assess the symptoms of depression listed in the DSM-IV and thus increase the content validity of the measure. With regard to construct validity, the convergent validity of the BDI-II was assessed by administration of the BDI-1A and the BDI-II to two sub-samples of outpatients (N=191). The order of presentation was counterbalanced and at least one other measure was administered between these two versions of the BDI, yielding a correlation of .93 ( $p < .001$ ) and means of 18.92 (SD = 11.32) and 21.888 (SD = 12.69) the mean BDI-II score being 2.96 points higher than the BDI-1A. A calibration study of the two scales was also conducted, and these results are available in the BDI-II manual. Consistent with the comparison of mean differences, the BDI-II scores are 3 points higher than the BDI-1A scores in the middle of the scale. Factorial Validity has been established by the inter-correlations of the 21 items calculated from the sample responses.

**Norms:** The normative sample included 500 outpatients from rural and suburban locations. All patients were diagnosed according to DSM-III-R or DSM-IV criteria were used to investigate the psychometric characteristics of BDI-II. The group was comprised of 63% women, and 37% men, the mean age was 37.20 years, range of 13-86 years. The racial/ethnic makeup was 91% White, 4% African American, 4% Asian American, and 1% Hispanic. A student sample of 120 college students in Canada served as a comparative normal group.

**Suggested use:** The BDI-II is intended to assess the severity of depression in psychiatrically diagnosed adults and adolescents 13 years of age and older. It is not meant to serve as an instrument of diagnosis, but rather to identify the presence and severity of symptoms consistent with the criteria of the DSM-IV. The authors warn against the use of this instrument as a sole diagnostic measure, as depressive symptoms may be part of other primary diagnostic disorders.