

NAME: \_\_\_\_\_

### Beck Inventory

Instructions to the Beck Inventory: This questionnaire contains groups of statements. Please read each group of statements carefully. Circle the statement which **BEST** describes how you have been feeling the **PAST WEEK, INCLUDING TODAY**. Be sure to read all of the statements in each group before making your choice.

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 or unhappy that I can't stand it.
  
2. I am not particularly discouraged with the future.  
I feel discouraged about the future.  
I feel I have nothing to look forward to.  
I feel that the future is hopeless and 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 failure.  
I feel I am a complete failure as a person.
  
4. I get as much satisfaction out of the 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 part of the time.  
I feel guilty most of the time.  
I feel guilty all 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 anymore than usual.  
I cry more than I used to.  
I cry all the time now.  
I used to be able to cry, but now I can't cry, even when I want to.
11. I am no more irritated now than I ever am.  
I get annoyed or irritated more easily than I used to get.  
I feel irritated all the time now.  
I don't get irritated at all by the things that used to irritate me.
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 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 than before.  
I can't make decisions at all any more.

14. I don't feel that I look any worse than I used to.  
I am worried that I am looking older or unattractive.  
I feel that there are permanent changes in my appearance that makes 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't 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 everything.  
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.  
I have lost more than 5 pounds.  
I have lost more than 10 pounds.  
I have lost more than 15 pounds.  
I have been trying to lose weight. \_\_\_yes. \_\_\_no.
20. I am more worried about my health than usual.  
I am more worried about physical problems such as aches and pains, or upset stomach and 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 about anything else.

21. I have not noticed any recent changes in my interest in sex.  
I am less interested in sex than I used to be.  
I am much less interested in sex now.  
I have lost interest in sex completely.

**Directions for use of the Beck:**

Score for each item:

1st Response = 0

2nd Response = 1

3rd Response = 2

4th Response = 3

Add points for the 21 items that interpret loosely as follows:

8-12 = mild depression

13-20 = moderate depression

21-35 = critical depression

Emphasis on items 9 and 16-21