

**DEPRESSION:** Screening using the Beck Depression Scale

Please read each group of statements (across the row) carefully. Pick out the one statement in each group that best describes the way you have been feeling the past week, including today. Circle the number next to each statement that best fits your feelings.

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