

Booval Chiropractic: Beck Depression Inventory

NAME:.....

DATE:.....

This is a reliable mood-measuring device, which detects the presence of depression and accurately rates its severity. Circle just ONE small number for each question.

<p>1. 0. I do not feel sad 1. I feel sad 2. I am sad all the time and can't snap out of it 3. I'm so sad or unhappy that I can't snap out of it</p>	<p>11. 0. I'm no more irritated by things than I ever am 1. I'm slightly more irritated now than usual 2. I'm quite annoyed or irritated much of the time 3. I feel irritated all the time now</p>
<p>2. 0. I'm not particularly discouraged about the future 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</p>	<p>12. 0. I have not lost interest in other people 1. I am less interested in other people than I used to be 2. I have lost most of my interest in other people 3. I have lost all of my interest in other people.</p>
<p>3. 0. I do not feel like a failure 1. I feel I've failed more than the average person 2. Looking back on my life, all I can see is a lot of failures 3. I feel I am a complete failure as a person</p>	<p>13. 0. I make decisions about as well as I ever could 1. I put off making decisions more than I used to 2. I have greater difficulty in making decisions than before 3. I can't make decisions at all anymore</p>
<p>4. 0. I get as much satisfaction out of things as I used to 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</p>	<p>14. 0. I don't feel I look any worse than I used to 1. I am worried that I look 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</p>
<p>5. 0. I don't feel particularly guilty 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</p>	<p>15. 0. I can work about as well as before 1. It takes an extra effort to get started at doing something 2. I have to push myself very hard to do anything 3. I can't do any work at all</p>
<p>6. 0. I don't feel I am being punished 1. I feel I may be punished 2. I expect to be punished 3. I feel I am being punished</p>	<p>16. 0. I can sleep as well as usual 1. I don't sleep as well as I used to 2. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep 3. I wake up several hours earlier than I used to and cannot get back to sleep</p>
<p>7. 0. I don't feel disappointed in myself 1. I am disappointed in myself 2. I am disgusted with myself 3. I hate myself</p>	<p>17. 0. I don't get more tired than usual 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</p>
<p>8. 0. I don't feel I'm any worse than anybody else 1. I'm critical of myself for my weaknesses or mistakes 2. I blame myself all the time for my faults 3. I blame myself for everything bad that happens</p>	<p>18. 0. My appetite is no worse than usual 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 now</p>
<p>9. 0. I don't have any thoughts of killing myself 1. I have thoughts of killing myself, but I would not carry them out 2. I would like to kill myself 3. I would kill myself if I had the chance</p>	<p>19. 0. I haven't lost much weight, if any, lately 1. I have lost more than 2 kilos 2. I have lost more than 4 kilos 3. I have lost more than 7 kilos</p>
<p>10. 0. I don't cry any more than usual 1. I cry more now than I used to 2. I cry all the time now 3. I used to be able to cry, but now I can't even though I want to</p>	<p>20. 0. I'm no more worried about my health than usual 1. I am worried about physical problems such as aches and pains, or upset stomach, or constipation 2. I am very worried about physical problems and it's hard to think of much else 3. I'm so worried about my physical problems that I cannot think about anything else</p>
	<p>21. 0. I haven't noticed any recent change in my interest in sex 1. I'm less interested in sex now than before 2. I'm much less interested in sex 3. I've lost interest in sex completely</p>