

Beck Depression Inventory-II (BDI-II)

Depression Assessment Tool

Patient Name: _____ Date: _____

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick the one statement in each group that best describes the way you have been feeling during the past two weeks, including today.

1. Sadness

- 0 I do not feel sad
- 1 I feel sad much of the time
- 2 I am sad all the time
- 3 I am so sad or unhappy that I can't stand it

2. Pessimism

- 0 I am not discouraged about my future
- 1 I feel more discouraged about my future than I used to be
- 2 I do not expect things to work out for me
- 3 I feel my future is hopeless and will only get worse

3. Past Failure

- 0 I do not feel like a failure
- 1 I have failed more than I should have
- 2 As I look back, I see a lot of failures
- 3 I feel I am a total failure as a person

4. Loss of Pleasure

- 0 I get as much pleasure as I ever did from the things I enjoy
- 1 I don't enjoy things as much as I used to
- 2 I get very little pleasure from the things I used to enjoy
- 3 I can't get any pleasure from the things I used to enjoy

5. Guilty Feelings

- 0 I don't feel particularly guilty
- 1 I feel guilty over many things I have done or should have done
- 2 I feel quite guilty most of the time
- 3 I feel guilty all of the time

Continue with remaining 16 items...

TOTAL SCORE: _____

Scoring: 0-13 Minimal depression, 14-19 Mild depression, 20-28 Moderate depression, 29-63 Severe depression