

KEYSTONE ADVANCED THERAPIES

BECK DEPRESSION FORM

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

2. Pessimism
 - 0 - I am not discouraged about the future
 - 1 - I feel more discouraged about the future
 - 2 - I do not expect things to work out for me
 - 3 - I feel the 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

6. Punishment feelings
 - 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

7. Self-dislike
- 0 - I feel the same about myself as I ever have
 - 1 - I have lost confidence in myself
 - 2 - I am disappointed with myself
 - 3 - I dislike myself
8. Self-criticalness
- 0 - I don't criticize or blame myself more than usual
 - 1 - I am more critical of myself than I used to be
 - 2 - I criticize myself for all of my faults
 - 3 - I blame myself for everything bad that happens
9. Suicidal Thoughts or wishes
- 0 - I do not have 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
10. Crying
- 0 - I don't cry any more than usual
 - 1 - I cry more than I used to
 - 2 - I cry over every little thing
 - 3 - I feel like crying, but I can't
11. Agitation
- 0 - I am no more restless or wound up than usual
 - 1 - I feel more restless or wound up than usual
 - 2 - I am so restless or agitated, it's hard to stay still
 - 3 - I am so restless or agitated that I have to keep moving or be doing something
12. Loss of Interest
- 0 - I have not lost interest in other people or activities
 - 1 - I am less interested in other people or thing than before
 - 2 - I have lost most of my interest in other people or things
 - 3 - It is hard to get interested in anything

13. Indecisiveness
- 0 - I make decisions about as well as ever
 - 1 - I find it more difficult to make decisions than usual
 - 2 - I have much greater difficulty in making decisions that I used to
 - 3 - I have trouble making any decisions
14. Worthlessness
- 0 - I do not feel I am worthless
 - 1 - I don't consider myself as worthwhile and useful as I used to
 - 2 - I feel more worthless as compared to others
 - 3 - I feel utterly worthless
15. Loss of energy
- 0 - I have as much energy as I ever have
 - 1 - I have less less energy than I used to have
 - 2 - I don't have enough energy to do very much
 - 3 - I don't have enough energy energy to do anything
16. Changes in sleeping pattern (part 1)
- 0 - I have not experienced any change in my sleeping
 - 1 - I sleep somewhat more than usual
 - 2 - I sleep a lot more than usual
 - 3 - I sleep most of the day
17. Changes in sleeping pattern (part 2)
- 0 - I have not experienced any change of these changes in my sleeping
 - 1 - I sleep somewhat less than usual
 - 2 - I sleep a lot less than usual
 - 3 - i wake up 1-2 hours early and can't get back to sleep
18. Irritability
- 0 - I am not more irritable than usual
 - 1 - I am more irritable than usual
 - 2 - I am much more irritable than usual
 - 3 - I am irritable all of the time
19. Changes in appetite (part 1)
- 0 - I have not experienced any change in my appetite
 - 1 - My appetite is somewhat greater than usual
 - 2 - My appetite is greater than usual
 - 3 - I crave food all the time

20. Changes in appetite (part 2)
0 - I have not experienced any of these changes in my appetite
1 - My appetite is somewhat less than usual
2 - My appetite is much less than usual
3 - I have no appetite at all
21. Concentration difficulty
0 - I can concentrate as well as ever
1 - I can't concentrate as well as usual
2 - It is hard to keep my mind on anything for a very long time
3 - I find I can't concentrate on anything
22. Tiredness or fatigue
0 - I am no more tired or fatigued than usual
1 - I get more tired or fatigued more easily than usual
2 - I am too tired or fatigued to do a lot of things I used to do
3 - I am too tired or fatigued to do most of the things I used to do
23. Loss of interest in sex
0 - I have noticed any recent change in my interest in sex
1 - I am less interested in sex than I used to be
2 - I am much less interested in sex than I used to be
3 - I have lost interest in sex completely

Interpreting the Beck Depression Inventory

Total score: _____

- 1 -10 = These ups and downs are considered normal
11-16 = Mild mood disturbances
17-20 = Borderline clinical depression
21-30 = Moderate depression
31-40 = Severe depression
Over 41 = Extreme depression
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This is not medical or legal advice nor should it be used without exercising your own clinical judgement and reviewing your state regulations.

Name: _____

Date: _____

For medical staff only

Entered into Osmind: yes or no

Reviewed by a physician? Yes or no

Technician signature: _____

