

BDI-II

Please read each group of statements carefully, then pick out **one statement** in each group which best describes the way you have been feeling the PAST TWO WEEKS, including TODAY! Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle the highest number for that group.

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.	12. Loss of Interest 0 I have not lost interest in other people or activities. 1 I am less interested in other people or things than before. 2 I have lost most of my interest in other people or things. 3 It's hard to get interested in anything.
2. Pessimism 0 I am not discouraged about my future. 1 I feel more discouraged about my future than I used to. 2 I do not expect things to work out for me. 3 I feel my future is hopeless and will only get worse.	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 greater difficulty in making decisions than before. 3 I have trouble making any decisions.
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.	14. Worthlessness 0 I do not feel I am worthless. 1 I don't consider myself as worthwhile and useful as before. 2 I feel more worthless as compared to other people. 3 I feel utterly worthless.
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.	15. Loss of Energy 0 I have as much energy as ever. 1 I have 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 to do anything.
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.	16. Self-Dislike 0 I feel the same about myself as ever. 1 I have lost confidence in myself. 2 I am disappointed in myself. 3 I dislike myself.
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.	17. Irritability 0 I am no more irritable than usual. 1 I am more irritable than usual. 2 I am much more irritable than usual. 3 I am irritable all the time.
7. Changes in Sleeping Pattern 0 <u>I have not experienced any change in my sleep pattern.</u> 1a I sleep somewhat more than usual. 1b <u>I sleep somewhat less than usual.</u> 2a I sleep a lot more than usual. 2b <u>I sleep a lot less than usual.</u> 3a I sleep most of the day. 3b I wake up 1-2 hours early and can't get back to sleep	18. Changes in Appetite 0 <u>I have not experienced any change in my appetite.</u> 1a My appetite is somewhat less than usual. 1b <u>My appetite is somewhat greater than usual.</u> 2a My appetite is much less than before. 2b <u>My appetite is much greater than before.</u> 3a I have no appetite at all. 3b I crave food all the time.
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.	19. Concentration Difficulty 0 I can concentrate as well as ever. 1 I <i>cannot</i> concentrate as well as usual. 2 It's hard to keep my mind on anything for very long. 3 I find I can't concentrate on anything.
9. Suicidal Thoughts or Wishes 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.	20. 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 the things I used to. 3 I am too tired or fatigued to do most of the things I used to.
10. Crying 0 I don't cry any more than I used to. 1 I cry more now than I used to. 2 I cry over every little thing. 3 I feel like crying, but I can't.	21. Loss of Interest in Sex 0 I have not 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 now. 3 I have lost interest in sex completely.
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 that it's hard to stay still. 3 I am so restless or agitated that I have to keep moving or doing something.	Name: _____ DOB: _____ Date: _____ Score: <u>163</u>