

## BDI

**Instructions:** On this questionnaire are groups of statements. Please read all the statements in a given group.

Then pick out at least **one** statement in each group which describes you best in terms of this past week.

Circle the number beside the statement you have chosen. If several statements in the group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice(s).

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- 1) 0 I do not feel sad or blue.  
1 I feel sad or blue.  
2a I am blue or sad all the time and I can't snap out of it.  
2b I am so sad or unhappy that it is quite painful.  
3 I am so sad or unhappy that I can't stand it.
- 2) 0 I am not particularly pessimistic or discouraged about the future.  
1 I feel discourage about the future.  
2a I feel I have nothing to look forward to.  
2b I feel I won't ever get over my troubles.  
3 I feel that the future is hopeless and that things cannot improve.
- 3) 0 I do not feel like a failure.  
1 I feel I have failed more than the average person.  
2a I feel I have accomplished very little that is worthwhile or that means anything.  
2b As I look back on my life, all I can see is a lot of failures.  
3 I feel I am a complete failure as a person (parent, husband, wife, etc.)
- 4) 0 I am not particularly dissatisfied.  
1a I feel bored most of the time.  
1b I don't enjoy things the way I used to.  
2 I don't get satisfaction out of anything any more.  
3 I am dissatisfied with everything.
- 5) 0 I don't feel particularly guilty.  
1 I feel bad or unworthy a good part of the time.  
2a I feel quite guilty.  
2b I feel bad or unworthy practically all the time now.  
3 I feel as though I am very bad or worthless.
- 6) 0 I don't feel I am being punished.  
1 I have a feeling that something bad may happen to me.  
2 I feel I am being punished or will be punished.  
3a I feel I deserve to be punished.  
3b I want to be punished.
- 7) 0 I don't feel disappointed in myself.  
1a I am disappointed in myself.  
1b I don't like myself.  
2 I am disgusted with myself.  
3 I hate myself.
- 8) 0 I don't feel I am any worse than anybody else.  
1 I am critical of myself for my weaknesses or mistakes.  
2 I blame myself for my faults.  
3 I blame myself for everything bad that happens.
- 9) 0 I don't have any thoughts of harming myself.  
1 I have thoughts of harming myself, but I would not carry them out.  
2a I feel I would be better of dead.  
2b I feel my family would be better off if I were dead.  
3a I have definite plans about committing suicide.  
3b I would kill myself if I could.
- 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; I can't stop it.  
3 I used to be able to cry, but now I can't cry even though I want to.
- 11) 0 I am no more irritated now than I ever am.  
1 I get annoyed or irritated more easily than I used to.  
2 I feel irritated all the time now.  
3 I don't get irritated at all at the things that used to irritate me.
- 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 more of my interest in other people and have little feeling for them.  
3 I have lost all of my interest in other people and don't care about them at all.
- 13) 0 I make decisions about as well as ever.  
1 I try to put off making decisions.  
2 I have great difficulty in making decisions.  
3 I can't make any decisions at all any more.
- 14) 0 I don't feel I look any worse than I used to.  
1 I am worried that I am looking old or unattractive.  
2 I feel that there are permanent changes in my appearance and they make me look unattractive.  
3 I feel that I am ugly or repulsive looking.
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- 15) 0 I can work about as well as before.  
1a It takes extra effort to get started at doing something.  
1b I don't work as well as I used to.  
2 I have to push myself very hard to do anything.  
3 I can't do any work at all.
- 16) 0 I can sleep as well as usual.  
1 I wake up more tired in the morning than 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 early every day and can't get more than 5 hours of sleep.
- 17) 0 I don't get any more tired than usual.  
1 I get tired more easily than I used to.  
2 I get tired from doing anything.  
3 I get too tired to do anything.
- 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 any more.
- 19) 0 I haven't lost much weight, if any, lately.  
1 I have lost more than 5 pounds.  
2 I have lost more than 10 pounds.  
3 I have lost more than 15 pounds.

Are you trying to lose weight? Yes No (circle one)

- 20) 0 I am no more concerned about my health than usual.  
1 I am concerned about aches and pains or upset stomach or constipation.  
2 I am so concerned with how I feel or what I feel that it's hard to think of much else.  
3 I am completely absorbed in what I feel.
- 21) 0 I have not noticed any recent changes 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.
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