

### BECK DEPRESSION INVENTORY

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_ Female \_\_\_\_\_  
 Provider Name \_\_\_\_\_ Date \_\_\_\_\_ Male \_\_\_\_\_ Other \_\_\_\_\_

<b>1</b>	0	I do not feel sad.	<b>12</b>	0	I have not lost interest in other people.
	1	I feel sad.		1	I am less interested in other people than I used to be.
	2	I am sad all the time and I can't snap out of it.		2	I have lost most of my interest in other people.
	3	I am so sad or unhappy that I can't stand it.		3	I have lost all of my interest in other people.
<b>2</b>	0	I am not particularly discouraged about the future.	<b>13</b>	0	I make decisions about as well as I ever could.
	1	I feel discouraged about the future.		1	I put off making decisions more than I used to.
	2	I feel I have nothing to look forward to.		2	I have greater difficulty in making decisions than before.
	3	I feel that the future is hopeless and that things cannot improve.		3	I can't make decisions at all anymore.
<b>3</b>	0	I do not feel like a failure.	<b>14</b>	0	I don't feel I look any worse than I used to.
	1	I feel that I have failed more than the average person.		1	I am worried that I am looking old or unattractive.
	2	As I look back on my life, all I can see is a lot of failures.		2	I feel that there are permanent changes in my appearance that make me look unattractive.
	3	I feel I am a complete failure as a person.		3	I believe that I look ugly.
<b>4</b>	0	I get as much satisfaction out of things as I used to.	<b>15</b>	0	I can work about as well as before.
	1	I don't enjoy things the way I used to.		1	It takes an extra effort to get started at doing something.
	2	I don't get real satisfaction out of anything anymore.		2	I have to push myself very hard to do anything.
	3	I am dissatisfied or bored with everything.		3	I can't do any work at all.
<b>5</b>	0	I don't feel particularly guilty.	<b>16</b>	0	I can sleep as well as usual.
	1	I feel guilty a good part of the time.		1	I don't sleep as well as I used to.
	2	I feel quite guilty most of the time.		2	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
	3	I feel guilty all of the time.		3	I wake up several hours earlier than I used to and cannot get back to sleep.
<b>6</b>	0	I don't feel I am being punished.	<b>17</b>	0	I don't get more tired than usual.
	1	I feel I may be punished.		1	I get tired more easily than I used to.
	2	I expect to be punished.		2	I get tired from doing almost anything.
	3	I feel I am being punished.		3	I am too tired to do anything.
<b>7</b>	0	I don't feel disappointed in myself.	<b>18</b>	0	My appetite is no worse than usual.
	1	I am disappointed in myself.		1	My appetite is not as good as it used to be.
	2	I am disgusted with myself.		2	My appetite is much worse now.
	3	I hate myself.		3	I have no appetite at all anymore.
<b>8</b>	0	I don't feel I am any worse than anybody else.	<b>19a</b>	0	I haven't lost much weight, if any, lately.
	1	I am critical of myself for my weaknesses or mistakes.		1	I have lost more than 5 pounds.
	2	I blame myself all the time for my faults.		2	I have lost more than 10 pounds.
	3	I blame myself for everything bad that happens.		3	I have lost more than 15 pounds.
<b>9</b>	0	I don't have any thoughts of killing myself.	<b>19b</b>	I am purposely trying to lose weight by eating less	
	1	I have thoughts of killing myself, but I would not carry them out.		Yes	
	2	I would like to kill myself.		No	
	3	I would kill myself if I had the chance.			
<b>10</b>	0	I don't cry any more than usual.	<b>20</b>	0	I am no more worried about my health than usual.
	1	I cry more now than I used to.		1	I am worried about physical problems such as aches and pains; or upset stomach; or constipation.
	2	I cry all the time now.		2	I am very worried about physical problems and it's hard to think about much else.
	3	I used to be able to cry, but now I can't.		3	I am so worried about my physical problems that I cannot think about anything else.
<b>11</b>	0	I am no more irritated now than I ever am.	<b>21</b>	0	I have not noticed any recent change in my interest in sex.
	1	I get annoyed or irritated more easily than I used		1	I am less interested in sex than I used to be.
	2	I feel irritated all the time now.		2	I am much less interested in sex now.
	3	I don't get irritated at all by the things that used to irritate me.		3	I have lost interest in sex completely.



MIRACLE Counseling

NOTES: