

# THE BURNS DEPRESSION INVENTORY

<b>INSTRUCTIONS:</b> The following is a list of symptoms that people sometimes have. Put a check ( ) in the space to the right that best describes how much that symptom or problem has bothered you during this past week.		0-NOT AT ALL	1-SOMEWHAT	2-MODERATELY	3-A LOT
<b>SYMPTOM LIST</b>					
1.	<b>SADNESS:</b> Have you been feeling sad or down in the dumps?				
2.	<b>DISCOURAGEMENT:</b> Does the future look hopeless?				
3.	<b>LOW SELF ESTEEM:</b> Do you feel worthless or think of yourself as a failure?				
4.	<b>INFERIORITY:</b> Do you feel inadequate or inferior to others?				
5.	<b>GUILT:</b> Do you get self-critical and blame yourself for everything?				
6.	<b>INDECISIVENESS:</b> Do you have trouble making up your mind about things?				
7.	<b>IRRITABILITY AND FRUSTRATION:</b> Have you been feeling resentful and angry a good deal of the time?				
8.	<b>LOSS OF INTEREST IN LIFE:</b> Have you lost interest in your career, your hobbies, your family, or your friends?				
9.	<b>LOSS OF MOTIVATION:</b> Do you feel overwhelmed and have to push yourself hard to do things?				
10.	<b>POOR SELF-IMAGE:</b> Do you think you're looking old or unattractive?				
11.	<b>APPETITE CHANGES:</b> Have you lost your appetite? Or do you overeat or binge compulsively?				
12.	<b>SLEEP CHANGES:</b> Do you suffer from insomnia and find it hard to get a good night's sleep? Or are you excessively tired and sleeping too much?				
13.	<b>LOSS OF LIBIDO:</b> Have you lost your interest in sex?				
14.	<b>HYPOCHONDRIASIS:</b> Do you worry a great deal about your health?				
15.	<b>SUICIDAL IMPULSES:</b> Do you have thoughts that life is not worth living or that you might be better off dead?				
Add up your total score for the 33 symptoms and record it here.					
<b>DATE:</b>					

<b>TOTAL SCORE</b>	<b>DEGREE OF DEPRESSION</b>
0-4	Minimal or No Depression
5-10	Borderline Depression
11-20	Mild Depression
21-30	Moderate Depression
31-45	Severe Depression

<b>WEEKLY CHECK LIST</b>													
	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>						
	1.	1.	1.	1.	1.	1.	1.						
	2.	2.	2.	2.	2.	2.	2.						
	3.	3.	3.	3.	3.	3.	3.						
	4.	4.	4.	4.	4.	4.	4.						
	5.	5.	5.	5.	5.	5.	5.						
	6.	6.	6.	6.	6.	6.	6.						
	7.	7.	7.	7.	7.	7.	7.						
	8.	8.	8.	8.	8.	8.	8.						
	9.	9.	9.	9.	9.	9.	9.						
	10.	10.	10.	10.	10.	10.	10.						
	11.	11.	11.	11.	11.	11.	11.						
	12.	12.	12.	12.	12.	12.	12.						
	13.	13.	13.	13.	13.	13.	13.						
	14.	14.	14.	14.	14.	14.	14.						
	15.	15.	15.	15.	15.	15.	15.						
<b>TOTAL SCORE</b>													
<b>TODAY'S DATE</b>													