

Centers Accredited by The American Academy of Sleep Medicine

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

## BECK'S DEPRESSION INVENTORY

INSTRUCTIONS: Choose one of the four statements in each group. Circle the number in front of the statement that best describes you in the past few weeks.

1.    0    I do not feel sad.  
      1    I feel sad  
      2    I am sad all the time and I can't snap out of it.  
      3    I am so sad and unhappy that I can't stand it.
  
2.    0    I am not particularly discouraged about the future.  
      1    I feel discouraged about the future.  
      2    I feel I have nothing to look forward to.  
      3    I feel 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.  
      2    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.
  
4.    0    I get as much satisfaction out of things as I used to.  
      1    I don't enjoy things the way I used to.  
      2    I don't get real satisfaction out of anything anymore.  
      3    I am dissatisfied or bored with everything.
  
5.    0    I don't feel particularly guilty  
      1    I feel guilty a good part of the time.  
      2    I feel quite guilty most of the time.  
      3    I feel guilty all of the time.
  
6.    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.    0    I don't feel disappointed in myself.  
      1    I am disappointed in 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 all the time for my faults.  
      3    I blame myself for everything bad that happens.

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9. 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.
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.  
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 by things than I ever was.  
1 I am slightly more irritated now than usual.  
2 I am quite annoyed or irritated a good deal of the time.  
3 I feel irritated all the time.
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 most of my interest in other people.  
3 I have lost all of my interest in other people.
13. 0 I make decisions about as well as I ever could.  
1 I put off making decisions more than I used to.  
2 I have greater difficulty in making decisions more than I used to.  
3 I can't make decisions at all anymore.
14. 0 I don't feel that I look any worse than I used to.  
1 I am worried that I am looking old or unattractive.  
2 I feel there are changes in my appearance that make me look unattractive  
3 I believe that I look ugly.
15. 0 I can work about as well as before.  
1 It takes an extra effort to get started at doing something.  
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 don't sleep as well as I used to.  
2 I wake up earlier than usual and find it hard to get back to sleep.  
3 I wake up several hours earlier than I used to and cannot get back to sleep.
17. 0 I don't get more tired than usual.  
1 I get tired more easily than I used to.  
2 I get tired from doing almost anything.  
3 I am too tired to do anything.
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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 anymore.
19. 0 I haven't lost much weight, if any, lately.  
1 I have lost more than five pounds.  
2 I have lost more than ten pounds.  
3 I have lost more than fifteen pounds.
20. I am purposely trying to lose weight by eating less?  
1 yes  
2 no
21. 0 I am no more worried about my health than usual.  
1 I am worried about physical problems  
2 I am very worried about physical problems  
3 I am so worried about my physical problems that I cannot think of anything else.
22. 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 have almost no interest in sex.  
3 I have lost interest in sex completely.
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