

Beck's Depression Inventory

Name: _____

Fecha: _____

Indicate how much you have been feeling in the past week including today.

1. 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 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 than I used to be.
2 I feel don't expect things to work out for me.
3 I feel the future is hopeless and will only get worse.
3. 0 I do not feel like a failure.
1 I feel I have failed more than I should have.
2 As I look back, I see is a lot of failures.
3 I feel I am a complete failure as a person.
4. 0 I get as much pleasure as I ever did from the things I enjoy.
1 I don't enjoy things the way 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.
5. 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.
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 feel the same about myself as ever.
1 I have lost confidence in myself.
2 I am disappointed in myself.
3 I dislike myself.
8. 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 my faults.
3 I blame myself for everything bad that happens.
9. 0 I don't have any thoughts of killing myself
1 I have thoughts of killing myself, but I will 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 I used to
1 I cry more than I used to
2 I cry over every little thing
3 I feel like crying, but I can't
11. 0 I am not more restless or wound up than usual.
1 I feel lore restless or wound up than usual.

- 2 I am so restless or agitated that it is hard to stay still
 3 I am so restless or agitated that I have to keep moving or doing something.
12. 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 is hard to get interested in anything.
13. 0 I make decisions about as well as I ever.
 1 I find it more difficult to make decision than usual.
 2 I have much greater difficulty in making decisions more than I used to.
 3 I have trouble making any decisions.
14. 0 I don't feel that I am worthless.
 1 I don't consider myself as worthwhile and useful as I used to.
 2 I feel more worthless as compared to other people.
 3 I feel utterly worthless.
15. 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.
16. 0 I have not experience any change in my sleeping pattern. .
 1a I sleep somewhat more than usual
 1b I sleep somewhat less than usual.
 2 a I sleep a lot more than usual
 2b I sleep a lot less than usual
 3a I sleep most of the day
 3b I wake up 1-2 hours early and can't get back to sleep.
17. 0 I am not 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.
18. 0 I have not experience any changes in my appetite,
 1a My appetite is somewhat less than usual.
 1b My appetite is somewhat more than usual.
 2a My appetite is much less than before.
 2b My appetite is much greater than usual
 3a I have no appetite at all anymore.
 3b I crave food all the time.
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.
20. 0 I am not 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 do.
 3 I am too tired or fatigued to do most of the things I used to do.
21. 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.