

NAME: BDI Example

DATE: Mar 13 2018

DOB: Aug 5 1963

If you, or a loved one, are concerned about your sense of depression or risk for self-harm, please seek help immediately. In addition to calling 911, there are many resources available to you, including:

Crisistextline.org and the National Suicide Prevention Line at 1.800.273.8255

ABOUT THE INSTRUMENT

The Beck Depression Inventory (BDI), created by Aaron T. Beck, is a 21-item, self-report rating inventory that measures characteristic attitudes and symptoms of depression. This survey is designed for individuals aged 13 and over. This survey is not meant to provide a definitive depressive disorder, but rather to identify if further clarification is appropriate.

BECK DEPRESSION INVENTORY RESULTS

SCORING: The Beck Depression Inventory has a total possible score of sixty three (63). BDI Example had a total score of 58. The following table can be used to evaluate the level of depression indicated by this score and may be used to determine if further evaluation is necessary.

Scoring Table (client's score range is emphasized):

Score Range	Result
1-10	These ups and downs are considered normal
11-16	Mild mood disturbance
17-20	Borderline clinical depression
21-30	Moderate depression
31-40	Severe depression
Over 40	Extreme depression

RESPONSES

Statement	Score
I am sad all the time and I can't snap out of it	2
I feel the future is hopeless and things cannot improve	3
I feel I am a complete failure as a person	3
I don't get real satisfaction out of anything anymore	2
I feel guilty all of the time	3
I feel I am being punished	3
I hate myself	3
I blame myself for everything bad that happens	3
I would kill myself if I had the chance	3
I cry all the time now	2
I feel irritated all the time	3
I have lost all of my interest in other people	3
I can't make decisions at all anymore	3
I feel that there are permanent changes in my appearance that make me look unattractive	2
I can't do any work at all	3
I wake up several hours earlier than I used to and cannot get back to sleep	3
I am too tired to do anything	3
My appetite is much worse now	2
I have lost more than fifteen pounds	3
I am so worried about my physical problems that I cannot think of anything else	3
I have lost interest in sex completely	3