

Psychiatric University Hospital Zurich, Division of Clinical Psychiatry

BECK DEPRESSION INVENTORY

B D I

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STUDY	[_ _ _]	1-4
GROUP	[_]	5-6
PATIENT	[_ _]	7-9
RATING DAY	[_ _]	10-12
CARD NUMBER	[_ _]	13-14
Sex (1=male, 2=female)	[_]	15
Birthday (dd.mm.yyyy)	[_ _ : _ _ : _ _ _]	16-23
Date of hospitalization (dd.mm.yyyy)	[_ _ : _ _ : _ _ _]	24-31
First diagnosis	[_ _ . _]	32-36
Second diagnosis	[_ _ . _]	37-41
Diagnostic system (1=ICD9, 2=ICD10, 3=DSM3-R, 4=DSM4)	[_]	42
Age at onset	[_ _]	43-44
Course (1=first manifestation, 2=intermittent, 3=progreident, 4=chronic)	[_]	45
Duration of Current Episode Prior to Hospitalization (days)	[_ _]	46-48
Medication Prior to Hospitalization (0=none, 1=antidepr., 2=neuroleptics, 3=other)	[_]	49
Current Medication (cf. list of codes)	[_ _]	50-52
Educational level (1=remedial, 2=junior high, 3=high, 4=college)	[_]	53
DATE (dd.mm.yyyy)	[_ _ : _ _ : _ _ _]	54-61
INTERVIEWER	[_ _]	62-64
HOSPITAL	[_]	65-66
PATIENT ID (the hospital's internal PID)	[_ _ _ _ _ _ _ _]	67-78



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- 0 Card number** [_ _] 13-14
- 1 Sadness** [_ _] 15
- I do not feel sad [_] 0
- I feel sad [_] 1
- I am sad all the time and I can't snap out of it [_] 2
- I am so sad or unhappy that I can't stand it [_] 3
- 2 Pessimism** [_ _] 16
- I am not particularly discouraged about the future [_] 0
- I feel discouraged about the future [_] 1
- I feel I have nothing to look forward to [_] 2
- I feel that the future is hopeless and things cannot improve [_] 3
- 3 Sense of Failure** [_ _] 17
- I do not feel like a failure [_] 0
- I feel I have failed more than the average person [_] 1
- As I look back on my life, all I can see is a lot of failures [_] 2
- I feel I am a complete failure as a person [_] 3
- 4 Dissatisfaction/Anhedonia** [_ _] 18
- I get as much satisfaction out of things as I used to [_] 0
- I don't enjoy things the way I used to [_] 1
- I don't get real satisfaction out of anything anymore [_] 2
- I am dissatisfied or bored with everything [_] 3
- 5 Guilt** [_ _] 19
- I don't feel particularly guilty [_] 0
- I feel guilty a good part of the time [_] 1
- I feel quite guilty most of the time [_] 2
- I feel guilty all of the time [_] 3
- 6 Expectation of Punishment** [_ _] 20
- I don't feel I am being punished [_] 0
- I feel I may be punished [_] 1
- I expect to be punished [_] 2
- I feel I am being punished [_] 3
- 7 Dislike of Self** [_ _] 21
- I don't feel disappointed in myself [_] 0
- I am disappointed in myself [_] 1
- I am disgusted with myself [_] 2
- I hate myself [_] 3
- 8 Self-Accusation** [_ _] 22
- I don't feel I am any worse than anybody else [_] 0
- I am critical of myself for my weakness or mistakes [_] 1
- I blame myself all the time for my faults [_] 2
- I blame myself for everything bad that happens [_] 3

- 9 Suicidal Ideation** [_] 23
- I don't have any thought of killing myself [_] 0
- I have thoughts of killing myself, but I would not carry it out [_] 1
- I would like to kill myself [_] 2
- I would kill myself if I had the chance [_] 3
- 10 Episodes of Crying** [_] 24
- I don't cry any more than usual [_] 0
- I cry more now than I used to [_] 1
- I cry all the time now [_] 2
- I used to be able to cry, but now I can't cry even though I want to [_] 3
- 11 Irritability** [_] 25
- I am no more irritated now than I ever am [_] 0
- I get annoyed or irritated more easily than I used to [_] 1
- I feel irritated all the time now [_] 2
- I don't get irritated at all by the things that used to irritate me [_] 3
- 12 Social Withdrawal** [_] 26
- I have not lost interest in other people [_] 0
- I am less interested in other people than I used to be [_] 1
- I have lost most of my interest in other people [_] 2
- I have lost all of my interest in other people [_] 3
- 13 Indecisiveness** [_] 27
- I make decisions about as well as I ever could [_] 0
- I put off making decisions more than I used to [_] 1
- I have greater difficulty in making decisions than before [_] 2
- I can't make decisions at all anymore [_] 3
- 14 Worthlessness** [_] 28
- I don't feel I look any worse than I used to [_] 0
- I am worried that I am looking old or unattractive [_] 1
- I feel permanent changes in my appearance that make me look unattractive [_] 2
- I believe that I look ugly [_] 3
- 15 Loss of Energy** [_] 29
- I can work about as well as before [_] 0
- I takes an extra effort to get started at doing something [_] 1
- I have to push myself very hard to do anything [_] 2
- I can't do any work at all [_] 3
- 16 Insomnia** [_] 30
- I can sleep as well as usual [_] 0
- I don't sleep as well as I used to [_] 1
- I wake up 1-2 hours earlier than usual and find it hard to get back to sleep [_] 2
- I wake up several hours earlier than I used to and cannot get back to sleep [_] 3

- 17 Fatigability** [_] 31
- I don't get more tired than usual [_] 0
- I get tired more easily than I used to [_] 1
- I get tired from doing almost anything [_] 2
- I am too tired to do anything [_] 3
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- 18 Loss of Appetite** [_] 32
- My appetite is no worse than usual [_] 0
- My appetite is not as good as it used to be [_] 1
- My appetite is much worse now [_] 2
- I have no appetite at all anymore [_] 3
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- 19 Loss of Weight** [_] 33
- I haven't lost much weight, if any, lately [_] 0
- I have lost more than 5 pounds [_] 1
- I have lost more than 10 pounds [_] 2
- I have lost more than 15 pounds [_] 3
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- 20 Somatic Preoccupation** [_] 34
- I am no more worried about my health than usual [_] 0
- I am worried about my physical problems such as aches, pains, upset stomach, etc [_] 1
- I am very worried about physical problems and it's hard to think of much else [_] 2
- I am so worried about my physical problems that I cannot think anything else [_] 3
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- 21 Loss of Interest in Sex** [_] 35
- I have not noticed any recent change in my interest in sex [_] 0
- I am less interested in sex than I used to be [_] 1
- I am much less interested in sex now [_] 2
- I have lost interest in sex completely [_] 3