

The Burns Depression Checklist*

Directions: After reading each symptom, write the number that best describes how you have felt during the past week.

Rating Scale

0 = not at all

1 = somewhat

2 = moderately

3 = a lot

- SADNESS:** Have you been feeling blue or "down in the dumps"?
- DISCOURAGEMENT:** Have you been feeling that the future is bleak and hopeless, that things will never change, or that problems will never be solved?
- LOW SELF-ESTEEM:** Have you been feeling inadequate or worthless?
- GUILT:** Have you been blaming yourself for your weaknesses, shortcomings or mistakes?
- INDECISIVENESS:** Have you been struggling with making decisions?
- IRRITABILITY, FRUSTRATION:** Have you been feeling resentful or angry a good deal of the time?
- LOSS OF INTEREST IN LIFE:** Have you lost interest in your career, hobbies or daily activities?
- LOSS OF INTEREST IN PEOPLE:** Have you lost interest in your friends, family and partner?
- LOSS OF MOTIVATION:** Have you needed to push yourself hard to do things? Have you been procrastinating?
- POOR SELF-IMAGE:** Have you been feeling negative about your appearance?
- APPETITE CHANGES:** Have you lost your appetite or have you been overeating or bingeing?
- SLEEP CHANGES:** Have you had difficulty falling asleep and sleeping soundly? Or conversely, have you been excessively tired and sleeping too much?
- LOSS OF LIBIDO:** Have you lost interest in sex? Are people whom you once found attractive no longer appealing to you?
- HYPOCHONDRIA:** Have you been excessively worried about your health or preoccupied with your aches and pains?
- SUICIDAL IMPULSES:** Have you thought that life is not worth living and that you would rather be dead? Have you been having suicidal fantasies or impulses or making suicide plans?
- Your Score**

Score:

0-4 = minimal or no depression

5-10 = borderline depression

11-15 = mild depression

16-25 = moderate depression

26-45 = severe depression

Professional help is recommended with a score over 11 points.

* created by David D. Burns, MD, author of *Feeling Good: The New Mood Therapy*