

For the past 2 weeks, circle either 0, 1, 2, or 3 in
 BDI®—PC each of the 7 categories

PATIENT
 SELF-
 EVALUATION

Patient's name: _____ Date: _____

Instructions: This questionnaire consists of seven groups of statements. Read each group of statements carefully, then pick out the **one statement** in each group that best describes the way you have been feeling during the **past 2 weeks, including today**. Circle the number beside the statement you have picked. If several statements in one group seem to apply equally well, choose the statement with the highest number beside it.

- Sadness**
 - I do not feel sad
 - I feel sad much of the time
 - I am sad all the time
 - I am so sad or unhappy that I can't stand it
- Pessimism**
 - I am not discouraged about my future
 - I feel more discouraged about my future than I used to be
 - I do not expect things to work out for me
 - I feel my future is hopeless and will only get worse
- Past Failure**
 - I do not feel like a failure
 - I have failed more than I should have
 - As I look back, I see a lot of failures
 - I feel I am a total failure as a person
- Self-Dislike**
 - I feel the same about myself as ever
 - I have lost confidence in myself
 - I am disappointed in myself
 - I dislike myself
- Self-Criticalness**
 - I don't criticize or blame myself more than usual
 - I am more critical of myself than I used to be
 - I criticize myself for all of my faults
 - I blame myself for everything bad that happens
- Suicidal Thoughts or Wishes**
 - I don't have any thoughts of killing myself
 - I have thoughts of killing myself, but I would not carry them out
 - I would like to kill myself
 - I would kill myself if I had the chance
- Loss of Interest**
 - I have not lost interest in other people or activities
 - I am less interested in other people or things than before
 - I have lost most of my interest in other people or things
 - It's hard to get interested in anything

0
1
2
3
0
1
2
3
0
1
2
3
0
1
2
3
0
1
2
3
0
1
2
3

Total Score: _____