

Departmental Use

ID #: \_\_\_\_\_ Location: \_\_\_\_\_ P.D. #: \_\_\_\_\_

Today's Date: \_\_\_/\_\_\_/\_\_\_  
 Mo. Day Year

Name: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
 Last First Middle I.

Gender: M F Ethnicity: White Black Hispanic Other Age (years.): \_\_\_

## Beck Inventory

This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, then pick out the one statement in each group which 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 the group seem to apply equally well, simply circle the statement which has the largest number. Be sure that you do not circle more than one statement for Item 16 (change in sleeping pattern) and Item 18 (change in appetite.)

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|---|---|
| <p>0 I do not feel sad.</p> <p>1 I feel sad much of the time.</p> <p>2 I am sad all the time.</p> <p>3 I am so sad or unhappy that I can't stand it.</p><br><p>0 I am not discouraged about my future.</p> <p>1 I feel more discouraged about my future than I used to be.</p> <p>2 I do not expect things to work out for me.</p> <p>3 I feel my future is hopeless and will only get worse.</p><br><p>0 I do not feel like a failure.</p> <p>1 I have failed more than I should have.</p> <p>2 As I look back, I see a lot of failures.</p> <p>3 I feel I am a total failure as a person.</p><br><p>0 I get as much pleasure as I ever did from the things I enjoy.</p> <p>1 I don't enjoy things as much as I used to.</p> <p>2 I get very little pleasure from the things I used to enjoy.</p> <p>3 I can't get any pleasure from the things I used to enjoy.</p><br><p>0 I don't feel particularly guilty.</p> <p>1 I feel guilty over many things I have done or should have done.</p> <p>2 I feel quite guilty most of the time.</p> <p>3 I feel guilty all of the time.</p> | <p>6 0 I don't feel I am being punished.</p> <p>1 I feel I may be punished.</p> <p>2 I expect to be punished.</p> <p>3 I feel I am being punished.</p><br><p>7 0 I feel the same about myself as ever.</p> <p>1 I have lost confidence in myself.</p> <p>2 I am disappointed in myself.</p> <p>3 I dislike myself.</p><br><p>8 0 I don't criticize or blame myself more than usual.</p> <p>1 I am more critical of myself than I used to be.</p> <p>2 I criticize myself for all of my faults.</p> <p>3 I blame myself for everything bad that happens.</p><br><p>9 0 I don't have any thoughts of killing myself.</p> <p>1 I have thoughts of killing myself, but I would not carry them out.</p> <p>2 I would like to kill myself.</p> <p>3 I would kill myself if I had the chance.</p><br><p>10 0 I don't cry any more than I used to.</p> <p>1 I cry more than I used to.</p> <p>2 I cry over every little thing.</p> <p>3 I feel like crying but I can't.</p> |
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(Please turn over and complete other side)

\* for study purposes only!!

11. 0 I am no more restless or wound up than usual. 17 0 I am no more irritable than usual.  
1 I feel more restless or wound up than usual. 1 I am more irritable than usual.  
2 I am so restless or agitated that it's hard to stay still. 2 I am much more irritable than usual.  
3 I am so restless or agitated I have to keep moving or doing something. 3 I am irritable all the time.
12. 0 I have not lost interest in other people or activities. 18 0 I have not experienced any change in my appetite.  
1 I am less interested in other people or things than before. 1a My appetite is somewhat less than usual.  
2 I have lost most of my interest in other people or things. 1b My appetite is somewhat greater than usual.  
3 It's hard to get interested in anything. 2a My appetite is much less than before.  
2b My appetite is much greater than usual.
13. 0 I make decisions about as well as ever. 3a I have no appetite at all.  
1 I find it more difficult to make decisions than usual. 3b I crave food all the time.  
2 I have much greater difficulty in making decisions than I used to.  
3 I have trouble making any decisions.
14. 0 I do not feel I am worthless. 19 0 I can concentrate as well as ever.  
1 I don't consider myself as worthwhile or useful as I used to. 1 I can't concentrate as well as usual.  
2 I feel more worthless as compared to other people. 2 It's hard to keep my mind on anything for very long.  
3 I feel utterly worthless. 3 I find I can't concentrate on anything.
15. 0 I have as much energy as ever. 20 0 I am no more tired or fatigued than usual.  
1 I have less energy than I used to have. 1 I get more tired or fatigued more easily than usual.  
2 I don't have enough energy to do very much. 2 I am too tired or fatigued to do a lot of things I used to do.  
3 I don't have enough energy to do anything. 3 I am too tired or fatigued to do most of the things I used to do.
16. 0 I have not experienced any change in my sleeping pattern. 21 0 I have not noticed any recent change in my interest in sex.  
1a I sleep somewhat more than usual. 1 I am less interested in sex than I used to be.  
1b I sleep somewhat less than usual. 2 I am much less interested in sex now.  
2a I sleep a lot more than usual. 3 I have lost interest in sex completely.  
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.