Stress Management Training S4.a

Session Four

**Depression Questionnaire** (By A Beck)

Name...................................................................................................................................................

Tick the statement in each section that most applies to how you are feeling:

1a ( ) I do not feel sad

1b ( ) I feel sad

1c ( ) I am sad all the time and I can't snap out of it

1d ( ) I am so sad or unhappy that it is quite painful

1e ( ) I am so sad or unhappy that I can't stand it

2a ( ) I am not particularly discouraged about the future

2b ( ) I feel discouraged about the future

2c ( ) I feel I have nothing to look forward to

2d ( ) I feel that I won't ever get over my troubles

2e ( ) I feel that the future is hopeless and that things cannot improve

3a ( ) I do not feel like a failure

3b ( ) I feel I have failed more than the average person

3c ( ) I feel that I have accomplished very little that is worthwhile

3d ( ) As I look back on my life all I can see is a lot of failures

3e ( ) I feel I am a complete failure as a person

4a ( ) I am not particularly dissatisfied

4b ( ) I feel bored most of the time

4c ( ) I don't enjoy things the way I used to

4d ( ) I don't get satisfaction out of anything any more

4e ( ) I am dissatisfied with everything

5a ( ) I don't feel particularly guilty

5b ( ) I feel bad or unworthy a good part of the time

5c ( ) I feel quite guilty

5d ( ) I feel bad or unworthy practically all the time

5e ( ) I feel as though I am very bad or worthless

6a ( ) I don't feel I am being punished

6b ( ) I have a feeling that something bad may happen to me

6c ( ) I feel I am being punished or will be punished

6d ( ) I feel I deserve to be punished

6e ( ) I want to be punished

7a ( ) I don't feel disappointed in myself

7b ( ) I am disappointed in myself

7c ( ) I don't like myself

7d ( ) I am disgusted with myself

7e ( ) I hate myself

8a ( ) I don't feel I am worse than anybody else

8b ( ) I am cricital of myself for my weaknesses or mistakes

8c ( ) I blame myself for my faults

8d ( ) I blame myself for everything bad that happens

9a ( ) I don't have any thoughts of harming myself

9b ( ) I have thoughts of harming myself but I would not carry them out

9c ( ) I feel I would be better off dead

9d ( ) I feel my family would be better off if I were dead

9e ( ) I have definite plans about committing suicide

9f ( ) I would kill myself if I could

10a ( ) I don't cry any more than usual

10b ( ) I cry more now than I used to

10c ( ) I cry all the time now, I can't stop it

10d ( ) I used to be able to cry but now I can't cry at all even though I

 want to

11a ( ) I am no more irritated now than I ever am

11b ( ) I get annoyed or irritated more easily than I used to

11c ( ) I feel irritated all the time

11d ( ) I don't get irritated at all at the things that used to irritate me

12a ( ) I have not lost interest in other people

12b ( ) I am less interested now in other people than I used to be

12c ( ) I have lost most of my interest in other people and have little

 feeling left for them

12d ( ) I have lost all my interest in other people and don't care about

 them at all

13a ( ) I make decisions about as well as ever

13b ( ) I try to put off making decisions

13c ( ) I have great difficulty making decisions

13d ( ) I can't make any decisions at all any more

14a ( ) I don't feel I look worse than I used to

14b ( ) I am worried that I am looking old or unattractive

14c ( ) I feel that there are permanent changes in my appearance and

 they make me look unattractive

14d ( ) I feel that I am ugly or repulsive looking

15a ( ) I can work about as well as before

15b ( ) It takes extra effort to get started at doing something

15c ( ) I don't work as well as I used to

15d ( ) I have to push myself very hard to do anything

15e ( ) I can't do any work at all

16a ( ) I can sleep as well as usual

16b ( ) I wake up more tired in the morning than I used to

16c ( ) I wake up 1-2 hours earlier than usual and find it hard to get

 back to sleep

16d ( ) I wake up early every day and can't get more than 5 hours sleep

17a ( ) I don't get any more tired than usual

17b ( ) I get tired more easily than I used to

17c ( ) I get tired from doing anything

17d ( ) I get too tired to do anything

18a ( ) My appetite is no worse than usual

18b ( ) My appetite is not as good as it used to be

18c ( ) My appetite is much worse now

18d ( ) I have no appetite at all any more

19a ( ) I haven't lost much weight, if any, lately

19b ( ) I have lost more than 5 pounds

19c ( ) I have lost more than 10 pounds

19d ( ) I have lost more than 15 pounds

20a ( ) I am no more concerned about my health than usual

20b ( ) I am concerned about aches and pains or upset stomach or

 constipation

20c ( ) I am so concerned with how I feel or what I feel that it's hard to

 think of much else

20d ( ) I am completely absorbed in what I feel

21a ( ) I have not noticed any recent change in my interest in sex

21b ( ) I am less interested in sex than I used to be

21c ( ) I am much less interested in sex now

21d ( ) I have lost my interest in sex completely