

Name _____ Date _____

BURNS DEPRESSION CHECKLIST

Instructions: Use the separate answer sheet to indicate how much each of the following 15 symptoms has been bothering you in the past several days.

	NOT AT ALL	SOME WHAT	MODER ATELY	A LOT
	0	1	2	3
Sadness: Have you been feeling sad or down in the dumps?				
Discouragement: Does the future look bleak or hopeless?				
Low self-esteem: Do you feel worthless or think of yourself as a loser?				
Inferiority: Do you feel inadequate or inferior to others?				
Guilt: Do you get self-critical and blame yourself?				
Indecisiveness: Is it hard to make decisions?				
Irritability and frustration: Have you been feeling angry or resentful?				
Loss of interest in life: Have you lost interest in your career, hobbies, family, or friends?				
Loss of motivation: Do you feel overwhelmed and have to push yourself hard to do things?				
Poor self-image: Do you think you're looking old or unattractive?				
Appetite changes: Have you lost your appetite? Or, do you overeat compulsively?				
Sleep changes: Is it hard to get a good night's sleep? Are you tired and sleeping too much?				
Loss of libido: Have you lost your interest in sex?				
Hypochondriasis: Do you worry a lot about your health?				
Suicidal impulses: Do you think life is not worth living or think you'd be better off dead?				

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**Anyone with suicidal urges should seek immediate help from a mental health professional.

Scoring Key for the Burns Depression Checklist

Total Score	Degree of Depression
0-4	minimal or no depression
5-10	normal but unhappy
11-20	borderline to mild depression
21-30	moderate depression
31-45	severe depression