



Beck Depression Inventory 2 (BDI 2_e)

Name: _____

Date of birth: _____

Gender: male / female

Date: _____

Instructions: This questionnaire contains 21 groups of statements. Please read each of these groups of statements carefully and then pick out **one statement** in each group that best describes how you have felt **in the last two weeks, including today**. Tick the number next to the statement you are sure you picked out (0, 1, 2, or 3). If more than one statement applies equally to you in a group, check off the statement with the higher number. Please make sure that you do not tick more than one statement in each group, this also applies to group 16 (changes in sleeping habits) or group 18 (changes in appetite).

1. Sadness

- 0 I am not sad
- 1 I am often sad
- 2 I am sad all the time
- 3 I am so sad or unhappy that I cannot stand it

2. Pessimism

- 0 I am not desperate about the future.
- 1 I look to the future more despondently than usual
- 2 I am despondent and do not expect my situation to get better
- 3 I think my future is hopeless and will only get worse

3. Feelings of failure

- 0 I do not feel like a failure
- 1 I have feelings of failure more often
- 2 Looking back, I see a lot of failures
- 3 I feel like a complete failure as a human being

4. Loss of joy

- 0 I can enjoy things just as well as before
- 1 I can no longer enjoy things the way I used to
- 2 Things that used to give me pleasure I can hardly enjoy anymore
- 3 Things that used to give me pleasure I can no longer enjoy at all

5. Guilt

- 0 I have no particular feelings of guilt
- 1 I often feel guilty about things I have done or should have done.
- 2 I feel guilty most of the time
- 3 I have constant feelings of guilt

6. Feelings of punishment

- 0 I do not feel like I am being punished for something
- 1 I have the feeling that I may be punished
- 2 I expect to be punished
- 3 I have the feeling of being punished

7. Self-Rejection

- 0 I think of myself the same as always
- 1 I have lost confidence in myself
- 2 I am disappointed in myself
- 3 I reject myself completely

8. Self-blame

- 0 I do not criticize or reprimand myself more than usual
- 1 I am more critical of myself than usual
- 2 I criticize myself for all my shortcomings
- 3 I blame myself for everything bad that happens

9. Suicidal thoughts

- 0 I am not thinking of doing anything to myself
- 1 I sometimes think about suicide, but I wouldn't do it
- 2 I would like to kill myself
- 3 I would kill myself if I had the opportunity to do so

10. Crying

- 0 I do not cry more often than before
- 1 I cry more now than before
- 2 I cry at the slightest opportunity
- 3 I would like to cry, but I can't

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11. Restlessness

- 0 I am not more restless than usual
 - 1 I am more restless than usual
 - 2 I am so restless that it is hard for me to sit still
 - 3 I am so restless that I have to move or do something all the time
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12. Loss of interest

- 0 I have not lost interest in other people or in activities
 - 1 I have less interest in other people or in things than usual.
 - 2 I have lost interest in other people or in things for the most part
 - 3 I find it hard to be interested in anything at all
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13. Inability to decide

- 0 I am as decisive as ever
 - 1 I find it harder than usual to make decisions
 - 2 I find it much harder than usual to make decisions
 - 3 I have trouble making decisions at all
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14. Worthlessness

- 0 I do not feel worthless
 - 1 I consider myself less valuable and useful than usual
 - 2 Compared to other people I feel less worthy
 - 3 I feel completely worthless
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15. Energy loss

- 0 I have as much energy as ever
 - 1 I have less energy than usual
 - 2 I have so little energy that I hardly manage anything anymore
 - 3 I have no more energy to do anything at all
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16. Changes in sleeping habits

- 0 My sleeping habits have not changed
 - 1a I sleep a little more than usual
 - 1b I sleep a little less than usual
 - 2a I sleep much more than usual
 - 2b I sleep much less than usual
 - 3a I sleep almost all day
 - 3b I wake up 1-2 hours earlier than usual and can't get back to sleep
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17. Irritability

- 0 I am much more irritable than usual
 - 1 I am much more irritable than usual
 - 2 I am much more irritable than usual
 - 3 I feel irritated all the time
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18. Changes in appetite

- 0 My appetite has not changed
 - 1a My appetite is a little worse than usual
 - 1b My appetite is a little bigger than usual
 - 2a My appetite is much worse than usual
 - 2b My appetite is much bigger than usual
 - 3a I do not have any appetite at all
 - 3b I have a constant craving
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19. Concentration difficulties

- 0 I can concentrate as well as ever
 - 1 I can no longer concentrate as well as usual
 - 2 I find it difficult to concentrate on anything for a long time
 - 3 I can no longer concentrate at all
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20. Fatigue or exhaustion

- 0 I do not feel more tired or exhausted than usual
 - 1 I get tired or exhausted faster than usual
 - 2 I am too tired or exhausted to do many of the things I usually do.
 - 3 I'm so tired or exhausted that I can do almost nothing
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21. Loss of sexual interest

- 0 My interest in sexuality has not changed recently
 - 1 I am less interested in sexuality than I used to be
 - 2 I am now much less interested in sexuality
 - 3 I have completely lost interest in sexuality
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