



Transcranial Magnetic Stimulation (TMS)

2106 New Road #D-8, Linwood, NJ 08221

ShoreClinicalTMS.com | Phone: 609-927-1030 | Fax: 609-927-9985

Srisai Gowda MD FAPA

*Board Certified in General Psychiatry
and Psychosomatic Medicine*

Beck Depression Inventory

NAME: _____ **DATE** _____

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.
For each item, write the correct number on the line next to the item. (Only one response per item)

1.

- _____ 0 I do not feel sad.
_____ 1 I feel sad
_____ 2 I am sad all the time and I can't snap out of it.
_____ 3 I am so sad and unhappy that I can't stand it.

2.

- _____ 0 I am not particularly discouraged about the future.
_____ 1 I feel discouraged about the future.
_____ 2 I feel I have nothing to look forward to.
_____ 3 I feel the future is hopeless and that things cannot improve.

3.

- _____ 0 I do not feel like a failure.
_____ 1 I feel I have failed more than the average person.
_____ 2 As I look back on my life, all I can see is a lot of failures.
_____ 3 I feel I am a complete failure as a person.

4.

- _____ 0 I get as much satisfaction out of things as I used to.
_____ 1 I don't enjoy things the way I used to.
_____ 2 I don't get real satisfaction out of anything anymore.
_____ 3 I am dissatisfied or bored with everything.

5.

- _____ 0 I don't feel particularly guilty
_____ 1 I feel guilty a good part of the time.
_____ 2 I feel quite guilty most of the time.
_____ 3 I feel guilty all the time.



Transcranial Magnetic Stimulation (TMS)

2106 New Road #D-8, Linwood, NJ 08221

ShoreClinicalTMS.com | Phone: 609-927-1030 | Fax: 609-927-9985

Srisai Gowda MD FAPA

Board Certified in General Psychiatry
and Psychosomatic Medicine

6.

- _____ 0 I don't feel I am being punished.
1 I feel I may be punished.
2 I expect to be punished.
3 I feel I am being punished.

7.

- _____ 0 I don't feel disappointed in myself.
1 I am disappointed in myself.
2 I am disgusted with myself.
3 I hate myself.

8.

- _____ 0 I don't feel I am any worse than anybody else.
1 I am critical of myself for my weaknesses or mistakes.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.

9.

- _____ 0 I don't have any thoughts of killing myself.
1 I have thoughts of killing myself, but I would not carry them out.
2 I would like to kill myself.
3 I would kill myself if I had the chance.

10.

- _____ 0 I don't cry any more than usual.
1 I cry more now than I used to.
2 I cry all the time now.
3 I used to be able to cry, but now I can't cry even though I want to.

11.

- _____ 0 I am no more irritated by things than I ever was.
1 I am slightly more irritated now than usual.
2 I am quite annoyed or irritated a good deal of the time.
3 I feel irritated all the time.

12.

- _____ 0 I have not lost interest in other people.
1 I am less interested in other people than I used to be.
2 I have lost most of my interest in other people.
3 I have lost all my interest in other people.



Transcranial Magnetic Stimulation (TMS)

2106 New Road #D-8, Linwood, NJ 08221

ShoreClinicalTMS.com | Phone: 609-927-1030 | Fax: 609-927-9985

Srisai Gowda MD FAPA

Board Certified in General Psychiatry
and Psychosomatic Medicine

13.

- 0 I make decisions about as well as I ever could.
_____ 1 I put off making decisions more than I used to.
2 I have greater difficulty in making decisions more than I used to.
3 I can't make decisions at all anymore.

14.

- 0 I don't feel that I look any worse than I used to.
_____ 1 I am worried that I am looking old or unattractive.
2 I feel there are permanent changes in my appearance that make me look unattractive.
3 I believe that I look ugly.

15.

- 0 I can work about as well as before.
_____ 1 It takes an extra effort to get started at doing something.
2 I have to push myself very hard to do anything.
3 I can't do any work at all.

16.

- 0 I can sleep as well as usual.
_____ 1 I don't sleep as well as I used to.
2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
3 I wake up several hours earlier than I used to and cannot get back to sleep.

17.

- 0 I don't get more tired than usual.
_____ 1 I get tired more easily than I used to.
2 I get tired from doing almost anything.
3 I am too tired to do anything.

18.

- 0 My appetite is no worse than usual.
_____ 1 My appetite is not as good as it used to be.
2 My appetite is much worse now.
3 I have no appetite at all anymore.

19.

- 0 I haven't lost much weight, if any, lately.
_____ 1 I have lost more than five pounds.
2 I have lost more than ten pounds.
3 I have lost more than fifteen pounds.



Transcranial Magnetic Stimulation (TMS)

2106 New Road #D-8, Linwood, NJ 08221

ShoreClinicalTMS.com | Phone: 609-927-1030 | Fax: 609-927-9985

Srisai Gowda MD FAPA

Board Certified in General Psychiatry
and Psychosomatic Medicine

20.

0 I am no more worried about my health than usual.

1 I am worried about physical problems like aches, pains, upset stomach, or constipation.

2 I am very worried about physical problems and it's hard to think of much else.

3 I am so worried about my physical problems that I cannot think of anything else.

21.

0 I have not noticed any recent change in my interest in sex.

1 I am less interested in sex than I used to be.

2 I have almost no interest in sex.

3 I have lost interest in sex completely.

INTERPRETING THE BECK DEPRESSION INVENTORY

- Now that you have completed the questionnaire, add up the score for each of the twenty-one questions by counting the number to the left of each question you marked.
- You can evaluate your depression according to the table below.

Total Score	Level of Depression
1-10	These ups and downs are considered normal
11-16	Mild mood disturbance
17-20	Borderline clinical depression
21-30	Moderate depression
31-40	Severe depression
41-63	Extreme depression