

THE BURNS DEPRESSION CHECKLIST\*

Place a check mark in the box to the right of each category to indicate how much this type of feeling has bothered you in the past several days.

	<b>0 Not at all</b>	<b>1 Somewhat</b>	<b>2 Moderately</b>	<b>3 A Lot</b>
1. Sadness: Do you feel sad or down in the dumps?				
2. Discouragement: Does the future look hopeless?				
3. Low self-esteem: Do you feel worthless?				
4. Inferiority: Do you feel inadequate or inferior to others?				
5. Guilt: Do you get self-critical and blame yourself?				
6. Indecisiveness: Is it hard to make decisions?				
7. Irritability: Do you frequently feel angry or resentful?				
8. Loss of interest in life: Have you lost interest in your career, hobbies, family or friends?				
9. Loss of motivation: Do you have to push yourself hard to do things?				
10. Poor self-image: Do you feel old or unattractive?				
11. Appetite changes: Have you lost your appetite? Do you overeat or binge compulsively?				
12. Sleep changes: Is it hard to get a good night's sleep? Are you excessively tired and sleeping too much?				
13. Loss of sex drive: Have you lost your interest in sex?				
14. Concerns about health: Do you worry excessively about your health?				
15. Suicidal impulses: Do you have thoughts that life is not worth living or think you'd be better off dead?+				
Total score on items 1-15				

\*Copyright 1984 by David D. Burns, M.D., from Ten Days to Self-Esteem, copyright 1994.

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

Circe: Day 1 Day 4 Discharge

Scoring key for the Burns Depression Checklist

<b>Total Score</b>	<b>Degree of Depression</b>
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