

Name: \_\_\_\_\_ Marital Status: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Occupation: \_\_\_\_\_ Education: \_\_\_\_\_

## BDI-FastScreen

This questionnaire consists of groups of statements. Please read each group of statements carefully, then pick out the one statement in each group which best describes the way you have been feeling during the past 2 weeks, including today! Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle the statement which has the largest number.

- 1.**
- 0** I do not feel sad.
  - 1** I feel sad much of the time.
  - 2** I am sad all the time.
  - 3** I am so sad or unhappy that I can't stand it.

- 2.**
- 0** I am not discouraged about my future.
  - 1** I feel more discouraged about my future than I used to be.
  - 2** I do not expect things to work out for me.
  - 3** I feel my future is hopeless and will only get worse.

- 3.**
- 0** I do not feel like a failure.
  - 1** I have failed more than I should have.
  - 2** As I look back, I see a lot of failures.
  - 3** I feel I am a total failure as a person.

- 4.**
- 0** I get as much pleasure as I ever did from the things I enjoy.
  - 1** I don't enjoy things as much as I used to.
  - 2** I get very little pleasure from the things I used to enjoy.
  - 3** I can't get any pleasure from the things I used to enjoy.

- 5.**
- 0** I feel the same about myself as ever.
  - 1** I have lost confidence in myself.
  - 2** I am disappointed in myself.
  - 3** I dislike myself.

- 6.**
- 0** I don't criticize or blame myself more than usual.
  - 1** I am more critical of myself than I used to be.
  - 2** I criticize myself for all of my faults.
  - 3** I blame myself for everything bad that happens.

- 7.**
- 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.

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