

# Beck Depression Inventory

We Level Up



## Take Our Free Beck Depression Inventory BDI.

The Beck Depression Inventory consists of 21 questions, and each question is designed to assess a specific symptom of depression. Respondents are asked to choose the statement that best describes how they have been feeling over the past two weeks, including the assessment day. The questions cover a range of emotional, cognitive, and physical symptoms associated with depression.

\*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessments are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

**Check the answer that identifies most of you**

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Take Our Free Beck Depression Inventory BDI

Take Our Beck Depression Inventory II Online Confidential Results

The Beck Depression Inventory consists of 21 questions, and each question is designed to assess a specific symptom of depression. Respondents are asked to choose the statement that best describes how they have been feeling over the past two weeks, including the day of the assessment. The questions cover a range of emotional, cognitive, and physical symptoms associated with depression.

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1. Name:

2. Phone:

**A: 0 points - B: 1 points - C: 2 points - D: 3 points**

3. Choose the statement that better describes your feelings over the past two weeks

- a. I do not feel sad.
- b. I feel sad.
- c. I am sad all the time and I can't snap out of it.
- d. I am so sad and unhappy that I can't stand it.

4. Choose the statement that better describes your feelings over the past two weeks

- a. I am not particularly discouraged about the future.
- b. I feel discouraged about the future.
- c. I feel I have nothing to look forward to.
- d. I feel the future is hopeless and that things cannot improve.

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5. Choose the statement that better describes your feelings over the past two weeks

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

6. Choose the statement that better describes your feelings over the past two weeks

- a. I get as much satisfaction out of things as I used to.
- b. I don't enjoy things the way I used to.
- c. I don't get real satisfaction out of anything anymore.
- d. I am dissatisfied or bored with everything.

7. Choose the statement that better describes your feelings over the past two weeks

- a. I don't feel particularly guilty
- b. I feel guilty a good part of the time.
- c. I feel quite guilty most of the time.
- d. I feel guilty all of the time.

8. Choose the statement that better describes your feelings over the past two weeks

- a. I don't feel I am being punished.
- b. I feel I may be punished.
- c. I expect to be punished.
- d. I feel I am being punished.

9. Choose the statement that better describes your feelings over the past two weeks

- a. I don't feel disappointed in myself.
- b. I am disappointed in myself
- c. I am disgusted with myself.
- d. I hate myself.

10. Choose the statement that better describes your feelings over the past two weeks

- a. I don't feel I am any worse than anybody else.
- b. I am critical of myself for my weaknesses or mistakes.
- c. I blame myself all the time for my faults.
- d. I blame myself for everything bad that happens.

11. Choose the statement that better describes your feelings over the past two weeks

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- a. I don't have any thoughts of killing myself.
  - b. I have thoughts of killing myself, but I would not carry them out.
  - c. I would like to kill myself
  - d. I would kill myself if I had the chance.

12. Choose the statement that better describes your feelings over the past two weeks

- a. I don't cry any more than usual.
- b. I cry more now than I used to.
- c. I cry all the time now.
- d. I used to be able to cry, but now I can't cry even though I want to.

13. Choose the statement that better describes your feelings over the past two weeks

- a. I am no more irritated by things than I ever was.
- b. I am slightly more irritated now than usual.
- c. I am quite annoyed or irritated a good deal of the time.
- d. I feel irritated all the time.

14. Choose the statement that better describes your feelings over the past two weeks

- a. I have not lost interest in other people.
- b. I am less interested in other people than I used to be.
- c. I have lost most of my interest in other people.
- d. I have lost all of my interest in other people.

15. Choose the statement that better describes your feelings over the past two weeks

- a. I make decisions about as well as I ever could
- b. I put off making decisions more than I used to.
- c. I have greater difficulty in making decisions more than I used to.
- d. I can't make decisions at all anymore

16. Choose the statement that better describes your feelings over the past two weeks

- a. I don't feel that I look any worse than I used to.
- b. I am worried that I am looking old or unattractive.
- c. I feel there are permanent changes in my appearance that make me look unattractive.
- d. I believe that I look ugly.

17. Choose the statement that better describes your feelings over the past two weeks

- a. I can work about as well as before.
- b. It takes an extra effort to get started at doing something.

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- c. I have to push myself very hard to do anything.
  - d. I can't do any work at all.

18. Choose the statement that better describes your feelings over the past two weeks

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

19. Choose the statement that better describes your feelings over the past two weeks

- a. I don't get more tired than usual.
- b. I get tired more easily than I used to.
- c. I get tired from doing almost anything.
- d. I am too tired to do anything.

20. Choose the statement that better describes your feelings over the past two weeks

- a. My appetite is no worse than usual.
- b. My appetite is not as good as it used to be.
- c. My appetite is much worse now.
- d. I have no appetite at all anymore.

21. Choose the statement that better describes your feelings over the past two weeks

- a. I haven't lost much weight, if any, lately.
- b. I have lost more than five pounds.
- c. I have lost more than ten pounds.
- d. I have lost more than fifteen pounds.

22. Choose the statement that better describes your feelings over the past two weeks

- a. I am no more worried about my health than usual
- b. I am worried about physical problems like aches, pains, upset stomach, or constipation.
- c. I am very worried about physical problems and it's hard to think of much else.
- d. I am so worried about my physical problems that I cannot think of anything else.

23. Choose the statement that better describes your feelings over the past two weeks

- a. I have not noticed any recent change in my interest in sex.
- b. I am less interested in sex than I used to be.
- c. I have almost no interest in sex.

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- d. I have lost interest in sex completely.

Check the results

## **0-10 points: Normal**

These ups and downs are considered normal

## **11-16 points: Mild mood disturbance**

Your answers suggest a Moderate indication that you are experiencing Mild mood disturbance. However, this quiz is no substitute for a proper diagnosis from a healthcare professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

## **17-20 points: Borderline clinical depression**

Your answers suggest a Moderate indication that you are experiencing Borderline clinical depression. However, this quiz is no substitute for a proper diagnosis from a healthcare professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

## **21-30 points: Moderate depression**

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Moderate depression. However, this quiz is no substitute for a proper diagnosis from a healthcare professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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### **31-40 points: Severe depression**

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Severe depression. However, this quiz is no substitute for a proper diagnosis from a healthcare professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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### **+41 points: Extreme depression**

Your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Extreme depression. However, this quiz is no substitute for a proper diagnosis from a healthcare professional. We encourage you to schedule an appointment with your doctor or your mental health professional.

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