

Beck Depression Inventory (BDI)

The BDI is one of the most widely used questionnaires for assessing depression in clinical practice and research. Designed to measure the severity of depressive symptoms in adults and adolescents, it provides a standardized, reliable, and scientifically validated measure of the intensity of depressive disorders.

Number of questions	21 questions
Estimated duration	5 minutes
Language	English
Original name	Beck Depression Inventory
Authors	Dr. Aaron T. Beck (1961)
Category	Depression

Preview of the 21 questions

Which statement best describes your current state?

- I do not feel sad
- I feel down or sad
- I feel down or sad all the time and I can't pull myself out of it
- I am so sad and so unhappy that I can't bear it

Which statement best describes your current state?

- I am not particularly discouraged or pessimistic about the future
- I have a feeling of discouragement about the future
- As for my future, I have no reason to hope
- I feel that there is no hope for my future and that the situation cannot improve

Which statement best describes your current state?

- I have no sense of failure about my life
- I feel that I have failed in my life more than most people
- When I look back on my life, I find nothing but failures
- I feel like a complete failure in my entire personal life

Which statement best describes your current state?

I don't feel particularly dissatisfied | I don't know how to enjoy the circumstances I'm in | I no longer get any satisfaction from anything | I am unhappy with everything

Which statement best describes your current state?

I do not feel guilty | I feel bad or unworthy much of the time | I feel guilty | I judge myself to be very bad and I feel that I am worthless

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The questionnaire consists of 21 items assessing depressive symptoms. Each item is scored from 0 to 3 according to the intensity of the reported symptom, giving a total score between 0 and 63.

The higher the total score, the more severe the depressive symptomatology; standardized cutoffs are then used to determine severity (minimal, mild, moderate, or severe).

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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 Laura V. - Online Psychologist