

Beck Hopelessness Scale (BHS)

The Beck Hopelessness Scale (BHS) is a psychometric tool designed to assess individuals' subjectively pessimistic perception of the future, which influences their state of mind and suicide potential.

Number of questions	20 questions
Estimated duration	6 minutes
Language	English
Original name	Beck Hopelessness Scale
Target audience	Adolescents, adults
Authors	Aaron T. Beck, Arlene Weissman, Lester B. Kovacs (1974)
Category	General

Preview of the 20 questions

I look forward to the future with hope and enthusiasm.

True False

I might as well give up because I can't make things better for myself.

True False

When things are going badly, I am helped by knowing they can't stay that way forever.

True False

I can't imagine what my life would be like in 10 years.

True False

I have enough time to accomplish the things I most want to do.

True False

Scoring & interpretation

The total score is calculated by summing the item points, each question being worth 0 or 1. A high score indicates a higher level of hopelessness.

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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