

BURNS DEPRESSION CHECKLIST

This test assesses symptoms of depression on a sliding scale from 0 (happy with no signs of depression at all) to 45 (severe depression).

Scale

0 – Not at all 2 – Moderately
1 – Somewhat 3 – A Lot

- _____ 1. Sadness: Have you been feeling sad or down in the dumps?
- _____ 2. Discouragement: Does the future look bleak or hopeless?
- _____ 3. Low self-esteem: Do you feel worthless or think of yourself as a loser?
- _____ 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 and frustration: Have you been feeling 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 feel overwhelmed and have to push yourself hard to do things?
- _____ 10. Poor self-image: Do you think you're looking old or unattractive?
- _____ 11. Appetite changes: Have you lost your appetite? Or do you overeat compulsively?
- _____ 12. Sleep Changes: Is it hard to get a good night's sleep? Are you tired or sleeping too much?
- _____ 13. Loss of libido: Have you lost interest in sex?
- _____ 14. Hypochondriasis: Do you worry a lot about your health?
- _____ 15. Suicidal Impulses: Do you think life is not worth living or think you'd be better off dead?