

Burns Depression Checklist

Instructions: Mark how much you have experienced each symptom during the past week, including today.

Thoughts and Feelings	Not at all	Somewhat	Moderately	A lot	Extremely
Feeling sad or down in the dumps	0	1	2	3	4
Feeling unhappy or blue	0	1	2	3	4
Crying spells or tearfulness	0	1	2	3	4
Feeling discouraged	0	1	2	3	4
Feeling hopeless	0	1	2	3	4
Low self-esteem	0	1	2	3	4
Feeling worthless or inadequate	0	1	2	3	4
Guilt or shame	0	1	2	3	4
Criticizing yourself or blaming yourself	0	1	2	3	4
Difficulty making decisions	0	1	2	3	4

Activities and Personal Relationships	Not at all	Somewhat	Moderately	A lot	Extremely
Loss of interest in family, friends, or colleagues	0	1	2	3	4
Loneliness	0	1	2	3	4
Spending less time with family or friends	0	1	2	3	4
Loss of motivation	0	1	2	3	4
Loss of interest in work or other activities	0	1	2	3	4
Avoiding work or other activities	0	1	2	3	4
Loss of pleasure or satisfaction in life	0	1	2	3	4

Physical Symptoms	Not at all	Somewhat	Moderately	A lot	Extremely
Feeling tired	0	1	2	3	4
Difficulty sleeping or sleeping too much	0	1	2	3	4
Decreased or increased appetite	0	1	2	3	4
Loss of interest in sex	0	1	2	3	4
Worrying about your health	0	1	2	3	4

Suicidal Urges	Not at all	Somewhat	Moderately	A lot	Extremely
Do you have any suicidal thoughts?	0	1	2	3	4
Do you want to end your life?	0	1	2	3	4
Do you have a plan for harming yourself?	0	1	2	3	4

Score Level of Depression

0-5	No depression
6-10	Normal but unhappy
11-25	Mild depression
26-50	Moderate depression
51-75	Severe depression
76-100	Extreme depression

Scores are intended to be interpreted by a mental health professional only. Anyone with a persistent score above 10 may benefit from professional treatment. Anyone with suicidal feelings should seek an immediate consultation with a mental health professional or go to your nearest emergency room.

From *Feeling Good: The New Mood Therapy* by David D. Burns, MD.