

**NINDS CDE Notice of Copyright
Beck Depression Inventory-II (BDI-II)**

Availability:	Please visit this website for more information about the instrument: Beck Inventory and Scales website.
Classification:	Supplemental – Highly Recommended: Epilepsy Supplemental: Amyotrophic Lateral Sclerosis (ALS), Epilepsy, Headache, Multiple Sclerosis (MS), Parkinson's Disease (PD), and Traumatic Brain Injury (TBI)
Short Description of Instrument:	Construct measured: This scale measures the existence and severity of symptoms of depression. Generic vs. disease specific: Generic. Means of administration: Self-administered. Intended respondent: Self-Report. # of items: 21 items. # of subscales and names of sub-scales: 2 subscales: Affective and Somatic subscales. # of items per sub-scale: 8 for affective; 13 for somatic.
Comments/Special instructions:	Scoring: Each of the 21 items corresponding to a symptom of depression is summed to give a single score for the Beck Depression Inventory-II (BDI-II). There is a four-point scale for each item ranging from 0 to 3. On two items (16 and 18) there are seven options to indicate either an increase or decrease of appetite and sleep. Cut-off score guidelines for the BDI-II are given with the recommendation that thresholds be adjusted based on the characteristics of the sample, and the purpose for use of the BDI-II. Total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe. Background: The BDI-II was developed in 1996 and was derived from the BDI. The 21-item survey is self-administered and is scored on a scale of 0-3 in a list of four statements arranged in increasing severity about a particular symptom of depression, bringing the BDI-II into alignment with DSM-IV criteria. The cutoffs used differ from the original scale: 0-13: minimal depression; 14-19: mild depression; 20-28: moderate depression; and 29-63: severe depression. Higher total scores indicate more severe depressive symptoms.

NINDS CDE Notice of Copyright
Beck Depression Inventory-II (BDI-II)

Rationale/Justification	Strengths: Easy to use, widely known, results easy to interpret. Item content improved over BDI-I to increase its correspondence with DSM-IV. Weaknesses: Includes several items assessing physical symptoms which may be elevated in ALS patients due to motor neuron degeneration and not depression. However non-ALS clinical studies have provided evidence of the presence of at least two factors, a cognitive-affective factor and a somatic depressive symptom factor, which is more stable than in the BDI. However, this factor structure requires confirmation in ALS. Psychometric Properties: <i>Feasibility:</i> Easy to complete, relatively short compared to interview-based assessments. <i>Reliability:</i> 1 week test-retest stability is high (.93). Internal consistency (coefficient alpha) is .92-.94 depending on the sample. <i>Validity:</i> Construct validity was high when compared to the BDI (.93). Sensitivity to Change: Designed to assess mood within the most recent 2 week period, so comparison across assessments should reflect change over time. Relationships to other variables: BDI-II scores were not correlated with functional disability (ALSFRS-R scores) (Rabkin et al) in late-stage ALS patients, but did correlate with suffering, anger, perceived caregiver burden, weariness, and negative effect. In non-ALS studies, BDI-II scores correlate with measures of hopelessness, suicidal ideation and anxiety. Purpose of Tool: Screening for severity of depression. Used in: Observational studies. Administration time: 5 minutes, scoring 1 minute.
--------------------------------	--

NINDS CDE Notice of Copyright
Beck Depression Inventory-II (BDI-II)

References:	Key References: Beck AT, Steer RA, Brown GK. <i>Manual for The Beck Depression Inventory Second Edition (BDI-II)</i>. San Antonio: Psychological Corporation; 1996. Beck AT, Steer RA, Ball R, Ranieri W. Comparison of Beck Depression Inventories -IA and -II in psychiatric outpatients. <i>J Pers Assess</i>. 1996; 67(3): 588-97. Steer RA, Ball R, Ranieri WF, Beck AT (January 1999). "Dimensions of the Beck Depression Inventory-II in clinically depressed outpatients". <i>Journal of clinical psychology</i> 55 (1): 117-28. Storch EA, Roberti JW, Roth DA (2004). "Factor structure, concurrent validity, and internal consistency of the Beck Depression Inventory-Second Edition in a sample of college students". <i>Depression and anxiety</i> 19 (3): 187-9. Maizels M, Smitherman TA, Penzien DB. A Review of Screening Tools for Psychiatric Comorbidity in Headache Patients. <i>Headache</i>. 2006; 46 [Suppl 3]:(S98-S109). ALS References: Taylor L, Wicks P, Leigh PN, Goldstein LH. Prevalence of depression in amyotrophic lateral sclerosis and other motor disorders. <i>Eur J Neurol</i>. 2010; 17: 1047-1053. Rabkin JG, Albert SM, Del Bene ML, O'Sullivan MS, Tider T, Rowland LP, Mitsumoto H. Prevalence of depressive disorders and change over time in late-stage ALS. <i>Neurology</i> 2005; 65: 62-67. Trail M, Nelson ND, Van JN, Appel, Lai EC. A study comparing patients with amyotrophic lateral sclerosis and their caregivers on measures of quality of life, depression and their attitudes towards treatment options. <i>J Neurol Sci</i> 2003; 209(1-2):79-85
---------------------------	---



Date: _____

Name: _____ Marital Status: _____ Age: _____ Sex: _____

Occupation: _____ Education: _____

Instructions: This questionnaire consists of 21 groups of statements. Please read each group of statements carefully, and then pick out the **one statement** in each group that best describes the way you have been feeling during the **past two weeks, including today**. Circle the number beside the statement you have picked. If several statements in the group seem to apply equally well, circle the highest number for that group. Be sure that you do not choose more than one statement for any group, including Item 16 (Changes in Sleeping Pattern) or Item 18 (Changes in Appetite).

1. Sadness

- 0 I do not feel sad.
- 1 I feel sad much of the time.
- 2 I am sad all the time.
- 3 I am so sad or unhappy that I can't stand it.

2. Pessimism

- 0 I am not discouraged about my future.
- 1 I feel more discouraged about my future than I used to be.
- 2 I do not expect things to work out for me.
- 3 I feel my future is hopeless and will only get worse.

3. Past Failure

- 0 I do not feel like a failure.
- 1 I have failed more than I should have.
- 2 As I look back, I see a lot of failures.
- 3 I feel I am a total failure as a person.

4. Loss of Pleasure

- 0 I get as much pleasure as I ever did from the things I enjoy.
- 1 I don't enjoy things as much as I used to.
- 2 I get very little pleasure from the things I used to enjoy.
- 3 I can't get any pleasure from the things I used to enjoy.

5. Guilty Feelings

- 0 I don't feel particularly guilty.
- 1 I feel guilty over many things I have done or should have done.
- 2 I feel quite guilty most of the time.
- 3 I feel guilty all of the time.

6. Punishment Feelings

- 0 I don't feel I am being punished.
- 1 I feel I may be punished.
- 2 I expect to be punished.
- 3 I feel I am being punished.

7. Self-Dislike

- 0 I feel the same about myself as ever.
- 1 I have lost confidence in myself.
- 2 I am disappointed in myself.
- 3 I dislike myself.

8. Self-Criticalness

- 0 I don't criticize or blame myself more than usual.
- 1 I am more critical of myself than I used to be.
- 2 I criticize myself for all of my faults.
- 3 I blame myself for everything bad that happens.

9. Suicidal Thoughts or Wishes

- 0 I don't have any thoughts of killing myself.
- 1 I have thoughts of killing myself, but I would not carry them out.
- 2 I would like to kill myself.
- 3 I would kill myself if I had the chance.

10. Crying

- 0 I don't cry anymore than I used to.
- 1 I cry more than I used to.
- 2 I cry over every little thing.
- 3 I feel like crying, but I can't.

Subtotal Page 1

Continued on Back

 **THE PSYCHOLOGICAL CORPORATION**
Harcourt Brace & Company

SAN ANTONIO
Orlando • Boston • New York • Chicago • San Francisco • Atlanta • Dallas
San Diego • Philadelphia • Austin • Fort Worth • Toronto • London • Sydney

Copyright © 1996 by Aaron T. Beck
All rights reserved. Printed in the United States of America.

0154018392

11. Agitation

- 0 I am no more restless or wound up than usual.
- 1 I feel more restless or wound up than usual.
- 2 I am so restless or agitated that it's hard to stay still.
- 3 I am so restless or agitated that I have to keep moving or doing something.

12. Loss of Interest

- 0 I have not lost interest in other people or activities.
- 1 I am less interested in other people or things than before.
- 2 I have lost most of my interest in other people or things.
- 3 It's hard to get interested in anything.

13. Indecisiveness

- 0 I make decisions about as well as ever.
- 1 I find it more difficult to make decisions than usual.
- 2 I have much greater difficulty in making decisions than I used to.
- 3 I have trouble making any decisions.

14. Worthlessness

- 0 I do not feel I am worthless.
- 1 I don't consider myself as worthwhile and useful as I used to.
- 2 I feel more worthless as compared to other people.
- 3 I feel utterly worthless.

15. Loss of Energy

- 0 I have as much energy as ever.
- 1 I have less energy than I used to have.
- 2 I don't have enough energy to do very much.
- 3 I don't have enough energy to do anything.

16. Changes in Sleeping Pattern

- 0 I have not experienced any change in my sleeping pattern.
- 1a I sleep somewhat more than usual.
- 1b I sleep somewhat less than usual.
- 2a I sleep a lot more than usual.
- 2b I sleep a lot less than usual.
- 3a I sleep most of the day.
- 3b I wake up 1-2 hours early and can't get back to sleep.

17. Irritability

- 0 I am no more irritable than usual.
- 1 I am more irritable than usual.
- 2 I am much more irritable than usual.
- 3 I am irritable all the time.

18. Changes in Appetite

- 0 I have not experienced any change in my appetite.
- 1a My appetite is somewhat less than usual.
- 1b My appetite is somewhat greater than usual.
- 2a My appetite is much less than before.
- 2b My appetite is much greater than usual.
- 3a I have no appetite at all.
- 3b I crave food all the time.

19. Concentration Difficulty

- 0 I can concentrate as well as ever.
- 1 I can't concentrate as well as usual.
- 2 It's hard to keep my mind on anything for very long.
- 3 I find I can't concentrate on anything.

20. Tiredness or Fatigue

- 0 I am no more tired or fatigued than usual.
- 1 I get more tired or fatigued more easily than usual.
- 2 I am too tired or fatigued to do a lot of the things I used to do.
- 3 I am too tired or fatigued to do most of the things I used to do.

21. Loss of Interest in Sex

- 0 I have not noticed any recent change in my interest in sex.
- 1 I am less interested in sex than I used to be.
- 2 I am much less interested in sex now.
- 3 I have lost interest in sex completely.