

BECK'S HOPELESSNESS SCALE SCORING

One point is scored each time the respondent endorses the item in the following way

1. F
2. T
3. F
4. T
5. F
6. F
7. T
8. F
9. T
10. F
11. T
12. T
13. F
14. T
15. F
16. T
17. T
18. T
19. F
20. T

Hopelessness score

0-3 – None or minimal

4-8 - Mild

9-14 – Moderate. May not be in immediate danger, but requires frequent regular monitoring. Is the life situation stable?

15+ - Severe. Strong potential for suicide risk.



Date: _____

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

Occupation: _____ Education: _____

This questionnaire consists of 20 statements. Please read the statements carefully one by one. If the statement describes your attitude for the past week including today, darken the circle with a 'T' indicating TRUE in the column next to the statement. If the statement does not describe your attitude, darken the circle with an 'F' indicating FALSE in the column next to this statement. Please be sure to read each statement carefully.

- | | | |
|--|-------------------------|-------------------------|
| 1. I look forward to the future with hope and enthusiasm. | ☐ T | ☐ F |
| 2. I might as well give up because there is nothing I can do about making things better for myself. | ☐ T | ☐ F |
| 3. When things are going badly, I am helped by knowing that they cannot stay that way forever. | ☐ T | ☐ F |
| 4. I can't imagine what my life would be like in ten years. | ☐ T | ☐ F |
| 5. I have enough time to accomplish the things I want to do. | ☐ T | ☐ F |
| 6. In the future, I expect to succeed in what concerns me most. | ☐ T | ☐ F |
| 7. My future seems dark to me. | ☐ T | ☐ F |
| 8. I happen to be particularly lucky, and I expect to get more of the good things in life than the average person. | ☐ T | ☐ F |
| 9. I just can't get the breaks, and there's no reason I will in the future. | ☐ T | ☐ F |
| 10. My past experiences have prepared me well for the future. | ☐ T | ☐ F |
| 11. All I can see ahead of me is unpleasantness rather than pleasantness. | ☐ T | ☐ F |
| 12. I don't expect to get what I really want. | ☐ T | ☐ F |
| 13. When I look ahead to the future, I expect that I will be happier than I am now. | ☐ T | ☐ F |
| 14. Things just don't work out the way I want them to. | ☐ T | ☐ F |
| 15. I have great faith in the future. | ☐ T | ☐ F |
| 16. I never get what I want, so it's foolish to want anything. | ☐ T | ☐ F |
| 17. It's very unlikely that I will get any real satisfaction in the future. | ☐ T | ☐ F |
| 18. The future seems vague and uncertain to me. | ☐ T | ☐ F |
| 19. I can look forward to more good times than bad times. | ☐ T | ☐ F |
| 20. There's no use in really trying to get anything I want because I probably won't get it. | ☐ T | ☐ F |

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