

The Burns Depression Checklist

This is the mood-scale, designed by David Burns, M.D., rating bipolar and neurobiological disorders to help a person decide if she/he is suffering from depression. It is not in any way meant to replace the advice of a doctor or therapist. Depression can be a very dangerous illness, so consulting with your doctor is always the best way to go.

To each of the fifteen questions chose one of the following answers:

0 - Not at all 1 - Somewhat 2 - Moderately 3 - A lot

- 1) **Sadness:** Have you been feeling sad or down in the dumps?
- 2) **Discouragement:** Does the future look hopeless?
- 3) **Low self-esteem:** Do you feel worthless or think of yourself as a failure?
- 4) **Inferiority:** Do you feel inadequate or inferior to others?
- 5) **Guilt:** Do you get self-critical and blame yourself for everything?
- 6) **Indecisiveness:** Do you have trouble making up your mind about things?
- 7) **Irritability and frustration:** Have you been feeling resentful or angry a good deal of the time?
- 8) **Loss of interest in life:** Have you lost interest in your career, your hobbies, your family, or your 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 or binge compulsively?
- 12) **Sleep changes:** Do you suffer from insomnia and find it hard to get a goodnight's sleep? Or are you excessively tired and sleeping too much?
- 13) **Loss of libido:** Have you lost your interest in sex?
- 14) **Hypochondriasis:** Do you worry a great deal about your health?
- 15) **Suicidal impulses:** Do you have thoughts that life is not worth living or think that you might be better off dead?*

Add up your total score. It will be somewhere between 0 (if you answered "not at all" for each of the 15 categories) and 45 (if you answered "a lot" for each one). Use the key below to interpret your score:

Total Score	Degree of depression
0 - 4	----- Minimal or no depression
5 - 10	----- Normal range to Borderline depression,
11 - 20	----- Mild depression , clinical depression
21 - 30	----- Moderate depression
31 - 45	----- Severe depression

** If you are having any suicidal thoughts, you should contact a mental health professional immediately.