

Name _____

Date _____

BURNS DEPRESSION CHECKLIST

Instructions:

The following is a list of symptoms that people sometimes have. Circle the number that best describes how much that symptom or problem has bothered you in the past week.

If you feel unsure about any, put down your best guess.

	Not At All	A Little	Moderately	A Lot
1. Have you been feeling sad or down in the dumps?	0	1	2	3
2. Does the future look hopeless?	0	1	2	3
3. Do you feel worthless or think of yourself as a failure?	0	1	2	3
4. Do you feel inadequate or inferior to others?	0	1	2	3
5. Do you get self-critical or blame yourself for everything?	0	1	2	3
6. Do you have trouble making up your mind about things?	0	1	2	3
7. Have you been feeling resentful and angry?	0	1	2	3
8. Have you lost interest in your career, your hobbies, your family, or your friends?	0	1	2	3
9. Do you feel overwhelmed and have to push yourself hard to do things?	0	1	2	3
10. Do you cringe when you look at your self in the mirror?	0	1	2	3
11. Have you lost your appetite? Or do you overeat or binge compulsively?	0	1	2	3
12. Do you suffer from insomnia and find it hard to get a good night's sleep? Or are you excessively tired and sleeping too much?	0	1	2	3
13. Have you lost your interest in sex and intimacy with your partner?	0	1	2	3
14. Do you worry a great deal about your health?	0	1	2	3
15. Do you have thoughts that life is not worth living or think that you might be better off dead?	0	1	2	3

Drawn from Burns, D.D. (1989). *The Feeling Good Handbook*.