



Let us help you put your life back together

The Burns Depression Checklist

Instructions: Place a check in the box to the right of each of the 15 symptoms to indicate how much this type of feeling has been bothering you in the past several days.

0 = Not at all

1 = Somewhat

2 = Moderately

3 = A lot

	0	1	2	3
1. Sadness: Do you feel sad or down in the dumps?				
2. Discouragement: Does the future look hopeless?				
3. Low self-esteem: Do you feel worthless?				
4. Inferiority: Do you feel inadequate or inferior to others?				
5. Guilt: Do you get self-critical and blame yourself?				
6. Indecisiveness: Is it hard to make decisions?				
7. Irritability: Do you frequently feel angry or resentful?				
8. Loss of interest in life: Have you lost interest in your career, hobbies, family or friends?				
9. Loss of motivation: Do you have to push yourself hard to do things?				
10. Poor self-image: Do you feel old or ugly?				
11. Appetite changes: Have you lost your appetite? Do you overeat or binge compulsively?				
12. Sleep changes: Is it hard to get a good night's sleep? Are you excessively tired and sleeping too much?				
13. Loss of sex drive: Have you lost interest in sex?				
14. Concerns about health: Do you worry excessively about your health?				
15. Suicidal impulses: Do you have thoughts that life is not worth living or think you'd be better off dead?				
Add up your totals and enter them here	0			
Total				

Anyone with suicidal urges should seek immediate help from a mental health professional.

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Scoring Key for the Burns Depression Checklist	
Total Score	Degree of Depression
0-4	Minimal or no depression
5-10	Normal but unhappy
11-20	Borderline to mild depression
21-30	Moderate depression
31-45	Severe depression

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