

# THE BURNS DEPRESSION CHECKLIST\* by David D. Burns, M.D. (Revised, 1996)

## Instructions

Please review 25 questions from the Burn's Depression Checklist below and mark the correct answer, indicating on how much you have experienced the described symptom during the weekly timeframe, including today. Do not hurry to fill the responses, but try to avoid fixation on each individual question, answering honestly and without internal efforts. The questions are separated by the categories.

*1989 by David D. Burns, M.D., from The Feeling Good Handbook*

## Scoring

For each question mark a number which represents your situation most closely:

0 = Not at All

1 = Somewhat

2 = Moderately

3 = A Lot

4 = Extremely

## Question

### *Thoughts and Feelings*

1. Feeling sad or down in the dumps
2. Feeling unhappy or blue
3. Crying spells or tearfulness
4. Feeling discouraged
5. Feeling hopeless
6. Low self-esteem
7. Feeling worthless or inadequate
8. Guilt or shame
9. Criticizing yourself or blaming others
10. Difficulty making decisions

### *Activities and Personal Relationships*

11. Loss of interest in family, friends or colleagues
12. Loneliness

13. Spending less time with family or friends
14. Loss of motivation
15. Loss of interest in work or other activities
16. Avoiding work or other activities
17. Loss of pleasure or satisfaction in life

### *Physical Symptoms*

18. Feeling tired
19. Difficulty sleeping or sleeping too much
20. Decreased or increased appetite
21. Loss of interest in sex
22. Worrying about your health

### *Suicidal Urges*

23. Do you have any suicidal thoughts?
24. Would you like to end your life?
25. Do you have a plan for harming yourself?

### Interpreting the Burns Depression Checklist

Total Score - Level of depression: \_\_\_\_\_

- 0-5 - no depression
- 6-10 - normal but unhappy
- 11-25 - mild depression
- 26-50 - moderate depression
- 51-75 - severe depression
- 76-100 - extreme depression