

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. 1. Sadness: Have you been feeling sad or down in the dumps? 2. Discouragement: Does the future look bleak or hopeless? 3. Low self-esteem: Do you feel worthless or think of yourself as a loser? 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 and frustration: Have you been feeling 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 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 compulsively? 12. Sleep changes: Is it hard to get a good night's sleep? Are you fired and sleeping too much? 13. Loss of libids: Have you lost your interest in sex? 14. Hypochondriasis: Do you worry a lot about your health? 15. Suicidal impulses: Do you think life is not worth living				
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TOTAL SCORE ON ITEMS 1 - 15	•			

NAME:	 	 	
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DATE:		 	

Copyright © 1984 by David D. Burns, MD (from *The Feeling Good Handbook*, Plume, 1990). Anyone with suicidal urges should seek immediate help from a mental health professional.