

Life Management Associates, LLC

600 Dewey Blvd., Suite B
Butte, MT 59701

Office: 406-782-4778
Fax: 406-782-1318



THE BURNS DEPRESSION CHECKLIST

THE BURNS DEPRESSION CHECKLIST

Place an (X) in the box to the right of each category to indicate how much this type of feeling has bothered you in the past several days.

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 unattractive?
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 your 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 ?

0 Not at All	1 Somewhat	2 Moderately	3 A Lot

TOTAL SCORE ON ITEMS 1-15

--	--	--	--	--

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