

The Burns Depression Checklist

DIRECTIONS: The following checklist was created by David D. Burns, MD, author of *Feeling Good: The New*

After reading each symptom, write down the number that corresponds with how you felt during the past several days

RATING: NONE--0 SOME--1 MODERATE--2 A LOT--3

SADNESS: Have you been feeling blue or "down in the dumps"?

DISCOURAGEMENT: Have you been feeling that the future is bleak and hopeless, that things will never change or that your problems will never change or that your problems will never be solved.

LOW SELF-ESTEEM: Have you been feeling inadequate *of* worthless?

GUILT: Have you been blaming yourself for your weaknesses, shortcomings or mistakes?

INDECISIVENESS: Have you been struggling with making decisions?

IRRITABILITY, FRUSTRATION: Have you been feeling resentful and angry a good deal of the time?

LOSS OF INTEREST IN LIFE: Have you lost interest in your career, hobbies or daily activities?

LOST OF INTEREST IN PEOPLE: I have you lost interest in your friends, family and partner?

LOSS OF MOTIVATION: Have you needed to push yourself hard to do things? Have you been procrastinating?

POOR SELF-IMAGE: Have you been feeling negative about your appearance?

APPETITE CHANGES: Have you lost your appetite or conversely, have you been overeating or bingeing?

SLEEP CHANGES: Have you had difficulty falling asleep and sleeping soundly? Or conversely, have you been excessively tired and sleeping too much?

LOSS OF LIBIDO: Have you lost interest in sex? Are people whom you once found attractive no longer appealing to you?

HYPOCHONDRIA: Have you been excessively worried about your health or preoccupied with your aches and pains.

SUICIDAL IMPULSES: Have you thought that life is not worth living and that you would rather be dead? Have you been having suicidal fantasies or impulses or making suicide plans?

Your Score

SCORE: 11 -15= mild depression, 16-25= moderate depression, 26+ = severe

Professional help is recommended with a score over 11.

ANXIETY INVENTORY

ANXIOUS FEELINGS:

NONE--0 SOME--1 MODERATE--2 A LOT--3

Anxiety, nervousness, worry or fear

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Feeling that things around you are strange, unreal or foggy

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Feeling detached from all or part of your body

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Sudden, unexpected panic spells

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Apprehension of a sense of impending doom

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Feeling tense, stressed, "uptight" or on edge

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ANXIOUS THOUGHTS:

Difficulty concentrating

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Racing thoughts or having your mind jumping from one thing to the next

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Frightening fantasies or daydreams

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Fears of cracking up or going crazy

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Feeling that you're on the verge of losing control

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Fears of fainting or passing out

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Fears of physical illness or heart attack or dying

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Fears of being alone, isolated or abandoned

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Concerns about looking foolish or inadequate in front of others

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Fears of criticism or disapproval

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Fears that something terrible is about to happen

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PHYSICAL SYMPTOMS:

Skipping or racing or pounding of the heart

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Pain, *pressure or* tightness in the chest

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Tingling or numbness in the toes or fingers

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Butterflies or discomfort in the stomach

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Constipation or diarrhea

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Restlessness or jumpiness, trembling or shaking

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Tight tense muscles

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Sweating but not brought on by the heat

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Feeling dizzy, light-headed or off balance

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Choking, lump in throat *or* smothering sensations or difficulty breathing

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Headaches or pains in neck or back

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Feeling tired, weak or easily exhausted

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ALCOHOL USE INVENTORY

YES

NO

Do you occasionally drink heavily after a disappointment, quarrel, or when the [loss gives you a hard time?

When you have trouble or feel under pressure, do you always drink more heavily than usual?

Have you noticed that you are able to handle more liquor than you did when you were first drinking?

Did you ever wake up on the "morning after" and discover that you could not remember part of the evening before, even though your friends tell you that you did not "pass out"?

Men drinking with other people, do you try to have a few extra drinks when others will not know it?

Are there certain occasions when you feel uncomfortable if alcohol is not available?

Have you noticed that you are in more of a hurry to get the first drink than you used to be?

Do you sometimes feel a little guilty about your drinking?

Are you secretly irritated when your family or friends discuss your drinking?

Have you recently noticed an increase in the frequency of your memory "blackouts"?

Do you often find that you wish to continue drinking after your friends say they have had enough?

Do you usually have a reason for the occasions when you drink heavily?

When you are sober, do you often regret things you have done or said while drinking?

Have you tried switching brands or following different plans for controlling your drinking?

Have you often failed to keep the promises to yourself about controlling or cutting down on your drinking'?

Have you ever tried to control your drinking by making a change in jobs, or moving to a new location?

Do you try to avoid family or close friends while you are drinking?

Are you having an increasing number of financial and work problems?

Do more people seem to be treating you unfairly without good reason?

Do you eat very little or irregularly when you are drinking?

Do you sometimes have the "shakes" in the morning and find that it helps to have a little drink?

Have you recently noticed that you cannot drink as much as you once did?

Do you sometimes stay drunk for several days at a time?

Do you sometimes feel very depressed and wonder whether life is worth living?

Sometimes, after periods of drinking, do you see or hear things that aren't there?

Do you get terribly frightened after you have been drinking heavily?

Totals:

DATE:

NAME:

DIRECTIONS: The following checklist was created by David D. Bums, MD, author of *Feeling Good: The New Mood Therapy*.