



1-800-280-6507

## THE BURNS DEPRESSION CHECKLIST\*

Instructions: The following is a list of symptoms that people sometimes have. Put the appropriate number in the space to the right that best describes how much that symptom or problem has bothered you during the past week.

	0 – Not At All	1 – Somewhat	2 – Moderately	3 – A Lot
1. Have you been feeling sad or down in the dumps?				
2. Does the future look hopeless?				
3. Do you feel worthless or think of yourself as a failure?				
4. Do you feel inadequate or inferior to others?				
5. Do you get self critical and blame yourself for everything?				
6. Do you have trouble making up your mind about things?				
7. Have you been feeling resentful and angry a good deal of the time?				
8. Have you lost interest in your career, your hobbies, your family, or your friends?				
9. Do you feel overwhelmed and have to push yourself hard to do things?				
10. Do you think you're looking old or unattractive?				
11. Have you lost your appetite, or do you over eat or binge compulsively?				
12. Do you suffer from insomnia and find it hard to get a good night's sleep, or are you excessively tired and sleeping too much?				
13. Have you lost your interest in sex?				
14. Do you worry a great deal about your health?				
15. Do you have thoughts that life is not worth living, or think that you might be better off dead?				



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After you have completed the test, add up your total score. It will be somewhere between 0 (if you answered “not at all” for each of the 15 categories) and 45 (if you answered “a lot” for each one).

If your score is:

26 to 45 points: Your responses to the questionnaire are consistent with symptoms of moderate to severe depression. You should consult with Work Life *Plus* as soon as possible. If you are experiencing suicidal urges, seek immediate consultation with Work Life *Plus*, or a qualified psychiatrist or psychologist.

11 to 25 points: Your responses to the questionnaire are consistent with mild to moderate depression. Please consider contacting Work Life *Plus*.

5 to 10 points: Based on your responses to the questionnaire, you have some of the indicators of mild depression. Consulting with Work Life *Plus* could be beneficial.

0 to 4 points: Based on your responses to the questionnaire, you are experiencing little or no depression.

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