



### BDI Candidate Intake Questionnaire

1. Most days I am generally \_\_\_\_\_.
  - a. Happy and do not feel sad
  - b. Sad and unhappy
  - c. Sad all the time and cannot snap out of it
  - d. So sad and unhappy that I cannot stand it
  
2. When I think of the future \_\_\_\_\_.
  - a. I am not particularly discouraged
  - b. I feel discouraged
  - c. I feel that I have nothing to look forward to
  - d. I feel that the future is hopeless and that things cannot improve
  
3. When considering my life accomplishments \_\_\_\_\_.
  - a. I do not feel like I am a failure
  - b. I feel that I have failed more than the average person
  - c. All I can see is a lot of failures
  - d. I feel that I am a complete failure as a person
  
4. As I go through my day \_\_\_\_\_.
  - a. I get as much satisfaction out of things as I used to
  - b. I don't enjoy things the way I used to
  - c. I don't get any real satisfaction out of anything anymore
  - d. I am dissatisfied and bored with everything
  
5. When considering my past behaviors \_\_\_\_\_.
  - a. I don't feel particularly guilty
  - b. I feel guilty a good part of the time
  - c. I feel quite guilty most of the time
  - d. I feel guilty all of the time
  
6. When considering how others treat me \_\_\_\_\_.
  - a. I don't feel as if I am being punished
  - b. I feel I may be punished
  - c. I expect to be punished
  - d. I feel that I am being punished

7. When considering who I am as a person \_\_\_\_\_.
  - a. I don't feel disappointed in myself
  - b. I am disappointed in myself
  - c. I am disgusted with myself
  - d. I hate myself
  
8. In comparison to others \_\_\_\_\_.
  - a. I don't think I feel I am any worse than anyone else
  - b. I am critical of myself for my weaknesses or mistakes
  - c. I blame myself all the time for my faults
  - d. I blame myself for everything bad that happens
  
9. Have you ever had thoughts of suicide?
  - a. I never have any thoughts of killing myself
  - b. I have thoughts of killing myself, but would never carry them out
  - c. I would like to kill myself
  - d. I would kill myself if I had the chance
  
10. Do you have bouts of crying?
  - a. I don't cry any more than usual
  - b. I cry more now than I used to
  - c. I cry all the time lately
  - d. I used to be able to cry, but now I can't even though I want to
  
11. As I go through my day \_\_\_\_\_.
  - a. I am no more irritated by things than I ever was
  - b. I am slightly more irritated now than usual
  - c. I am quite annoyed or irritated a good deal of the time
  - d. I feel irritated all of the time
  
12. When it comes to my personal relationships \_\_\_\_\_.
  - a. I have not lost interest in other people
  - b. I am less interested in other people than I used to be
  - c. I have lost most of my interest in other people
  - d. I have completely lost all interest in other people
  
13. How would you gauge your decision making abilities?
  - a. I make decisions as well as I ever could
  - b. I put off making decisions more than I used to
  - c. I have greater difficulty making decisions more than I used to
  - d. I cannot make decisions at all anymore
  
14. In terms of my appearance \_\_\_\_\_.
  - a. I don't feel that I look worse than I used to
  - b. I am worried that I am looking older or unattractive
  - c. I feel that there are permanent changes in my appearance that make me look unattractive
  - d. I believe that I am ugly

15. At work \_\_\_\_\_.
- I work as well as always
  - It takes extra effort to get started doing tasks
  - I have to push myself very hard to do anything
  - I cannot work at all
16. When I go to bed \_\_\_\_\_.
- I sleep as well as usual
  - I don't sleep as well as I used to
  - I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
  - I wake up several hours earlier than I used to and cannot get back to sleep
17. In terms of my energy level \_\_\_\_\_.
- I don't get more tired than usual
  - I get tired more easily than I used to
  - I get tired from doing almost anything
  - I am too tired to do anything
18. In terms of my diet \_\_\_\_\_.
- My appetite is no worse than usual
  - My appetite is not as good as it used to be
  - My appetite is much worse now
  - I have no appetite at all anymore
19. In terms of my weight \_\_\_\_\_.
- I haven't lost much weight, if any, lately
  - I have lost more than 5 pounds recently
  - I have lost more than 10 pounds recently
  - I have lost more than 15 pounds recently
20. With respect to my overall health \_\_\_\_\_.
- I am no more worried about my health than usual
  - I experience physical problems such as aches and pains, upset stomach or constipation
  - I am very worried about physical problems and its hard to think of much else
  - I am so worried about my physical problems that I can't think of anything else
21. In terms of my sex life \_\_\_\_\_.
- I have not noticed any recent change in my interest in sex
  - I am less interested in sex than I used to be
  - I have almost no interest in sex
  - I have lost interest in sex completely