

Burns Depression Checklist*

Instructions: Put a check (✓) after each item to indicate how you have been feeling during the past week, including today. Please answer all 5 items.

	0--Not at all	1--Somewhat	2--Moderately	3--A lot	4--Extremely
1. Sad or down in the dumps					
2. Discouraged or hopeless					
3. Low self-esteem					
4. Worthless or inadequate					
5. Loss of pleasure or satisfaction in life					

Please Total Your Score on Items 1 to 5 Here →

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1. Do you have any thoughts about suicide?					
2. Would you like to end your life?					

Please Total Your Score on Items 1 and 2 Here →

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