

BASDEC SCORE SHEET

SCORING INSTRUCTIONS

Every response of TRUE gains 1 point, **EXCEPT** the items 6 & 7 (I've given up hope & I've seriously considered suicide) which score 2 points each.

A total score of 7 or above indicates possible depression

Item	Question	Score
(1)	I feel anxious all the time	
(2)	I've felt very low lately	
(3)	I feel worse at the beginning of the day	
(4)	I feel life is hardly worth living	
(5)	I've cried in the last month	
(6)	I've given up hope	
(7)	I've seriously considered suicide	
(8)	I can't recall feeling happy in the past month	
(9)	I'm so lonely	
(10)	I've lost interest in things	
(11)	I'm too miserable to enjoy anything	
(12)	I have regrets about my past life	
(13)	I am a nuisance to others being ill	
(14)	I've been depressed for weeks at a time in the past	
(15)	I suffer headaches	
(16)	I seem to have lost my appetite	
(17)	I am not sleeping well	
(18)	I'm kept awake by worry and unhappy thoughts	
(19)	I'm not happy at all	
	Total Score	