

Beck Depression Inventory-II (BDI-II)

Category: Depression | Items: 21 | Time: ~5 min

Description / When to Use

Widely used 21-item self-report inventory for measuring severity of depression.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 21 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum all 21 items scored 0-3. Total range 0-63. Higher scores indicate greater depression severity.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-13	Minimal	None
14-19	Mild	Watchful waiting
20-28	Moderate	Consider treatment
29-63	Severe	Active treatment

Psychometric Properties

Cronbach's alpha: 0.93 | Test-retest reliability: 0.93

Validity: Strong convergent validity with Hamilton Depression Rating Scale.

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Citation (APA Format)

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