

INTERPRETING THE BECK DEPRESSION INVENTORY

<u>Total score</u>	<u>Level of depression</u>
1-10	These ups and downs are considered normal
11-16	Mild mood disturbance
17-20	Borderline clinical depression
21-30	Moderate depression
31-40	Severe depression
over 40	Extreme depression

Note: A persistent score of 17 or above indicates you may need professional treatment

Source: Burns, David D., M.D.: Feeling Good, The New Mood Therapy, Signet 1980