

Brief Testing (adapted from Dr. David Burns)

Instructions: Use the scoring guide and record your choices on the weekly tally paper.
0 - not at all 1 - somewhat 2 - moderately 3 - a lot

Brief Depression Checklist	0	1	2	3
1. Sadness - Have you been feeling sad or down in the dumps?				
2. Discouragement - Does the future look bleak or hopeless?				
3. Low self-esteem - Do you feel guilty, worthless, or inferior to others?				
4. Loss of interest - Have you lost interest in your career, hobbies, family, or friends?				
5. Suicidal impulses - Do you think life is not worth living or think you'd be better off dead?				

Depression Key

Total Score	Degree of Depression	Action
0	Happy	No treatment is usually needed.
1 - 2	Normal, but unhappy	
3 - 5	Borderline to mild depression	Treatment can be helpful
6 - 10	Moderate Depression	Treatment is almost always needed
11 - 15	Severe Depression	

Brief Anxiety Checklist	0	1	2	3
1. Do you feel anxious, nervous, worried, panicky, or afraid?				
2. Do you feel tense, restless, or unable to relax?				
3. Do you feel stressed, uptight, or on edge?				
4. Do you have frightening thoughts, fantasies, or daydreams?				
5. Do you physically have tense or tight muscles, shortness of breath, or a racing heart?				

Anxiety Key

Total Score	Degree of Anxiety	Action
0	No anxiety	No treatment is usually needed.
1 - 2	Minimal anxiety	
3 - 5	Borderline to mild anxiety	Treatment can be helpful
6 - 10	Moderate anxiety	Treatment is almost always needed
11 - 15	Severe anxiety or panic	



1873 Spall Rd, Kelowna
1582 Lawrence Ave, Penticton
incentivecounselling.ca
Ph: 250-212-5160

Tracking Charts

Date							
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Depression

	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
	3.	3.	3.	3.	3.	3.	3.
	4.	4.	4.	4.	4.	4.	4.
	5.	5.	5.	5.	5.	5.	5.
Total							

Anxiety

	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
	3.	3.	3.	3.	3.	3.	3.
	4.	4.	4.	4.	4.	4.	4.
	5.	5.	5.	5.	5.	5.	5.
Total							

Date							
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Depression

	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
	3.	3.	3.	3.	3.	3.	3.
	4.	4.	4.	4.	4.	4.	4.
	5.	5.	5.	5.	5.	5.	5.
Total							

Anxiety

	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
	3.	3.	3.	3.	3.	3.	3.
	4.	4.	4.	4.	4.	4.	4.
	5.	5.	5.	5.	5.	5.	5.
Total							



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