TITLE
BECK DEPRESSION INVENTORY

AIM
To assess depression using Beck Depression Inventory (BDI)

INTRODUCTION

Depression is a common mental disorder that presents with depressed mood, loss of appetite, interest or pleasure, feeling of guilt or low self worth, disturbed sleep, low energy and poor concentration. According to ICD 10 in a typical episode of depression (mild, moderate, severe) the individual usually suffers from depressed mood, loss of interest and enjoyment and reduced energy leading to increased fatigability and diminished activity. Other common symptoms include:

a) Reduced concentration and attention.
b) Reduced self esteem and self confidence.
c) Ideas of guilt and unworthiness.
d) Bleak and pessimistic views of the future.
e) Ideas and acts of self harm or suicide.
f) Disturbed sleep.
g) Diminished appetite.

Depression has been also called 'common cold' of mental health because it is most frequently encountered mental illness.

The history of depressive disorders is described by Jackson. The experience of depression has plagued humans since the earliest documentation of human experience. Ancient greek description of depression referred to a syndrome of Melancholia, which translated from Greek means 'black bile'. In humoral theory, black bile was considered an etiological factor in melancholia. This Greek tradition referred to melancholic temperament which is comparable to our understanding of early onset of dysthymic conditions or depressive personality. The specific types of depressive disorders are identified by DSM-NTR, including major depressive disorder, bipolar (I, II) disorder, dysthymic disorder, cyclothymic disorder, mood disorder.

1

Major depression consists of one or more depressive episodes with high suicidal tendency/attempts and which impairs normal psychosocial functioning.

Dysthymic disorder is seen as a 'more mild' form of major depression that can last for long periods of time untreated.

Bipolar I disorder consists of experiencing at least one or more maniac episodes.

Bipolar II disorder is characterized by the experience of depressive episodes, alternating with 'hypomaniac' episodes.

DESCRIPTION OF THE TEST

The original Beck Depression Inventory (BDI) was developed by Beck, Ward, Mendelssohn, Hook and Erbaugh in 1961. The revised Beck Depression Inventory (BDI) (Beck, Rush, Shaw and Emery) was developed in 1979, is a 21-item instrument designed to assess the severity of depression in adults and adolescents. The original BDI was based on clinical observation and descriptions of symptoms frequently given by depressed psychiatric patients. The clinical observation and patients descriptions were systematically consolidated into 21 symptoms and attitudes which could be rated on a four point scale ranging from 0-3 in terms of severity. The items were chosen only to assess severity of depression and were not selected to reflect any particular theory of depression.

The 21 symptoms and attitudes assessed by BDI includes:

1. Mood
2. Pessimism
3. Sense of failure
4. Self dissatisfaction
5. Guilt
6. Punishment
7. Self dislike
8. Self accusations
9. Suicidal ideas
10. Crying
11. Irritability
12. Social withdrawal
13. Indecisiveness
14. Body image
15. Work difficulty
16. Insomnia
17. Fatigability
18. Loss of appetite
19. Weight loss
20. Somatic preoccupation
21. Loss of libido

The original version was designed to be administered by trained examiners, and the items were read aloud to the patients.
Administration time was approximately 10-15 minutes. The instrument was scored by adding the patient's ratings for each of the 21 items.

RELIABILITY

The $\propto$ - coefficient for BDI-II for the outpatients was 0.92. In the meta analysis of 9 psychiatric samples, Beck et. al. (1988) found that BDI-IA had a mean coefficient $\propto$ of 0.86 on outpatient sample.

VALIDITY

Several different types of analysis were conducted to estimate the convergent validity of the BDI-II was 0.93 ($p < 0.001$).

MATERIAL REQUIRED

BDI questionnaire
BDI manual
Pencil
Eraser
Paper

SUBJECT'S PROFILE

NAME	Asha Gupta
AGE	29 Years
SEX	Female
EDUCATIONAL QUALIFICATION	BDS
OCCUPATION	Dentist

PROCEDURE AND ADMINISTRATION

Preparation:
The material required for BDI was kept ready in advance.

Rapport:
Rapport was established with the subject by having a light and general conversation. The subject was told about the test and what this would assess. Also the subject was ensured that confidentiality of her identity and result would be maintained. The subject felt relaxed and comfortable and gave her informed consent to do the test.

Instructions:
All the relevant instructions were given to the subject. In this test there are 21 items in the questionnaire. The subject has to pick one option under particular rating for each group. There is no time limit for this test, but the subject is instructed to finish it as fast as possible. Also the subject was instructed not to leave any statement unanswered.

Precautions:
    a) The subject shouldn't spend much time on one question.
    b) Quiet and comfortable environment should be provided.
    c) All the queries should be attended carefully.
    d) Subject should be able to finish the test as quick as possible.

Introspective Report:
The subject was observed to be quite relaxed and comfortable while doing the test. Though the subject fu,bled at few places as she couldn't understand the question. All her queries were attended to and resolved.
The subject after finishing the test reported that she found the test really interesting and insightful as she got to notice her emotions and behaviours, also she said she enjoyed the test.

Scoring and Interpretation:
Scoring was carried out as soon as the subject finished the test. The subject scored 15 on BDI indicating mild-moderate depression.
The subject reported in the test as having lack of concentration and easy fatigability. The subject also indicated suicidal thoughts though not frequent but present.

Conclusion and Discussion:
The score was calculated after conducting BDI on the subject. The score came out to be 15 which indicates a mild-moderate depression as per scoring norms.
Scores from 0-9 are considered within normal range scores of 10-18 indicate mild-moderate depression, whereas scores of 19-29 indicate moderate-severe depression. The subject scored 15 falling in the range of mild-moderate depression.
The subject needs to think positive about herself and start working towards a better life and thought pattern.

SCORING

TABLE - I

For each group scoring is divided into 4 (0,1,2,)

Total Scores	Range
0-13	Minimal Depression
14-19	Mild Depression
20-28	Moderate Depression
29-63	Severe Depression

REFERENCES:

1. Alan M. Gruenberg, Reed D, Goldstein (2005). Classification of Depression : Research and Diagnostic Criteria : DSM IV and ICD-10.
2. Beck, A.T. and Sten R.A. (1987). Manual for the Beck Depression Inventory San Antonio, TX : The Psychological Corporation.
3. Beck, A.T. (1967) Depression : Causes and Treatment, Philadelphia, University of Pennsylvania Press.