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Name of Measure: Beck Depression Inventory- long form (Beck et al., 1988)

Purpose of Measure: To assess depression symptoms and mood

Author(s) of abstract:

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Reference: Chan, D.W. (1995). Depressive symptoms and coping strategies among Chinese adolescents in Hong Kong. *Journal of Youth and Adolescence*, 24(3), 267-279.

Description of Measure: The Beck Depression Inventory (BDI)-long form is a 21 item self- report inventory that evaluates the level of depression in adolescents (aged 13 and older) and adults. The items include cognitive, affective, somatic, and vegetative aspects of depression. The subject is asked to rate each item on a 4-point scale of severity. A total score is determined by aggregating the item responses and may range from 0 to 63 (normal-severe). BDI scores above the 9 cutoff may indicate the presence of depression.

Language availability: Chinese

Translation comment: Not reported

Description of the Asian population: The sample population consisted of 161 secondary school students (37 boys and 124 girls) aged 15-18. They were recruited from 4 schools in Hong Kong.

Norms:

BDI Scale Means and Standard Deviations for the total sample

BDI item	Mean rating	Standard deviation
1. Sadness	.76	.95
2. Pessimism	.62	.92
3. Failure	1.04	1.03
4. Dissatisfaction	.75	.92
5. Guilt	.68	.79
6. Punishment	.67	1.00
7. Self-dislike	.65	.81
8. Self-accusations	1.10	.91
9. Suicidal ideas	.47	.69
10. Crying	.98	1.30
11. Irritability	.83	.98
12. Social withdrawal	.70	.83
13. Indecisiveness	.81	.83
14. Body image distortion	.85	1.16
15. Work retardation	.81	.83
16. Insomnia	.54	.73
	Mean	Standard

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BDI item	rating	deviation
17. Fatigue	1.02	.79
18. Anorexia	.56	.85
19. Weight loss	.24	.66
20. Somatic preoccupation	.49	.75
21. Libido loss	.44	.84

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**Reliability:** The scale was determined to be internally consistent, as items correlated substantially with the total score. The corrected item-total correlation co-efficients ranged from .34 to .62 producing an alpha coefficient of .89

**Validity:** The BDI was found to correlate significantly with self-esteem as assessed by the SEI and with social support as assessed by the PSR. BDI scores did not correlate significantly with age and there were no significant gender differences.

**Original reference to instrument:** Beck, A.T., & Garbin, M.G. (1988). Psychometric properties of the Beck Depression Inventory: Twenty-five years of evaluation. *Clinical Psychology Review*, 8, 77-102.

**Other references:** Chan, D.W. (1991). The Beck Depression Inventory: What difference does the Chinese version make? *Psychological Assessment*, 3, 616-622.

**How to obtain a copy of the instrument:** Contact the Psychological Corporation 19550 Bulverde Road, San Antonio, TX 78259