

Name of Measure: Brief Symptom Inventory – Depression and Anxiety Sub-scales
(Derogatis, 1975)

Purpose of Measure: To assess the frequency of depression and anxiety symptoms

Author(s) of Abstract:

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Reference: M. Yoshioka, unpublished data. The research reported here was supported by funds provided by a NIH award, (Grant 2P01 DK42618-06A).

Description of measure: The BSI is a 53-item self-report symptom inventory designed to reflect the psychological symptom patterns of psychiatric and medical patients as well as community non-patient respondents. It is essentially the brief form of the SCL-90-R. Each item of the BSI is rated on a five-point scale of distress (0-4), ranging from “not at all” (0) at one pole to “extremely” (4) at the other.

The depression and anxiety sub-scales of the Brief Symptom Inventory (BSI) are well-established. The approximate completion time for these items is 5 minutes. The BSI is a widely used self-report inventory designed to reflect current psychological symptom status. Internal consistency estimates for these two sub-scales are .85 (depression) and .81 (anxiety). Estimates of the construct validity of these sub-scales also are satisfactory. Correlations between sub-scale scores and those of the clinical scales of the MMPI and the Wiggins content scales of the MMPI are in the order of .46-.72 for depression and .40-.48 for anxiety.

Language Availability: English only.

Translation Comments: N/A.

Description of Asian population: Thirty-three healthy adults recruited into a medical study of body composition (i.e., the measurement of bone composition, water and mineral content) conducted in a large city in the northeastern United States. Participants were identified only in terms of race (e.g. Asian). Of these Asian adults, 55% were women, and 45% were men. On average, they were 41years old.

Norms:

Average Total Score (S.D) for the Depression and Anxiety Sub-scales of Brief Symptom Inventory

Group	Depression	Anxiety*
White (n= 44-45)	.59 (.64)	.65 (.72)
Black (n = 39-40)	.52 (.74)	.43 (.46)
Hispanic (n = 33-35)	.64 (.75)	.59 (.75)
Asian (n=33)	.31 (.56)	.25 (.40)
Other (n = 26)	.59 (.76)	.38 (.48)
Total (n=176-178)	.53 (.69)	.48 (.60)

* p < .05. Post hoc testing shows that Asian respondents scored lower than White respondents but not differently from the other groups (p < .05) . No other significant inter-group differences were found.

Reliability: See original reference

Validity: See original reference

Reference to original instrument: Derogatis, L.R. (1975). *Brief Symptom Inventory*.
Baltimore: Clinical Psychometric Research.

How to obtain copy of instrument: Contact NCS Assessments. 5605 Green Circle Drive,
Minnetonka, MN 55343, 612-939-5000.