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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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 41 years old.

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

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

* 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


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