



NOW WITH DIGITAL ADMINISTRATION

# **B**BECKSCALES

AARON T. BECK

## Discover Crucial Warning Signs to Help You Make the Right Treatment Choices

DEPRESSION | ANXIETY | HOPELESSNESS | SUICIDE



Pearson

The Beck Scales have been developed and validated to assist you in making focused and reliable patient evaluations. Test results can be the first step in recognizing and appropriately treating an affective disorder.

- The Beck Scales can help you identify those patients with depressive, anxious, or suicidal tendencies—even in populations with overlapping physical and/or medical problems.
- Tests are easily administered and scored; they may be self-administered or administered by trained staff.
- And, for the first time, you can track the progress of your patients based on the summarized unique patterns of their item responses across all 4 Beck Scales, using the Q-global online software system.

## **BDI-2**

BECK Depression Inventory®

- Completion Time:** 5 minutes  
**Administration:** Computer or paper and pencil  
**Forms:** English and Spanish  
**Ages:** 13:0 through 80:0 years  
**Qualification Level:** B  
**Report Options:** Interpretive and Progress Reports

### Beck Depression Inventory® (BDI-II)

*Beck Depression Inventory*, the most widely used instrument for measuring depression, is an invaluable tool for screening, diagnosis, and monitoring therapeutic progress. Twenty-one items assess the intensity of depression in clinical and normal individuals. The BDI-II was developed in alignment with DSM criteria, and is an effective measure of the presence and severity of depression in outpatients and short-term inpatients.

## **BDI®-FastScreen**

FOR MEDICAL PATIENTS

- Completion Time:** Less than 5 minutes  
**Administration:** Paper and pencil  
**Forms:** English and Spanish  
**Ages:** 13:0 through 80:0 years  
**Qualification Level:** B  
**Report Options:** Score Report

### BDI® – FastScreen for Medical Patients

*BDI-FastScreen for Medical Patients* is a 7-item self-report measure of depression in adolescents and adults. It reflects the cognitive and affective symptoms of depression, while excluding somatic and performance symptoms that might be attributable to other conditions. This quick, effective screener assesses depression in populations with biological, medical, alcohol, and/or substance abuse problems.

## **BAI**

BECK Anxiety Inventory®

- Completion Time:** 5 to 10 minutes  
**Administration:** Computer or paper and pencil  
**Forms:** English and Spanish  
**Ages:** 17:0 through 80:0 years  
**Qualification Level:** B  
**Report Options:** Interpretive and Progress Reports

### Beck Anxiety Inventory® (BAI)

The *Beck Anxiety Inventory* is specifically designed to reduce the overlap and measure the symptoms shared between depression and anxiety scales. Physiological and cognitive components of anxiety are addressed in the 21 items describing subjective, somatic, or panic-related symptoms. It differentiates well between anxious and non-anxious groups in a variety of clinical settings and is appropriate for all adult mental health populations.

# Beck Hopelessness Scale® (BHS)

A powerful predictor of eventual suicide, *Beck Hopelessness Scale* examines an individual's thoughts and beliefs about the future. The 20 true-false items measure 3 major aspects of hopelessness: feelings about the future, loss of motivation, and expectations. The hopelessness construct is highly correlated with measures of depression, suicidal intent, and ideation and may alert the therapist to unstated or denied suicidal intentions.

# Beck Scale for Suicide Ideation® (BSS)

Administer *Beck Scale for Suicide Ideation* first when there is any potential suicidal intent. A high score indicates the necessity for detailed questioning about a patient's intentions. Responses on items about deterrents, plans, and the patient's level of revealing suggest areas for discussion and therapeutic focus. The 21-item scale includes 5 screening items that reduce the length and intrusiveness of the instrument for non-suicidal individuals. Administering the BSS with the BHS and the BDI-II is recommended to help weigh suicidal risk and also yields fewer false positives and false negatives.

# Beck Youth Inventories™ (BYI-1)

The 5 *Beck Youth Inventories* can be used separately or in combination to assess self-concept and symptoms of depression, anxiety, anger, and disruptive behavior. Each inventory contains 20 questions about the frequency of thoughts, feelings, and behaviors associated with emotional and social impairment that the child considers to be true the day of, and two weeks prior to, testing.



**Completion Time:** 5 minutes  
**Administration:** Computer or paper and pencil  
**Forms:** English and Spanish  
**Ages:** 17:0 through 80:0 years  
**Qualification Level:** B  
**Report Options:** Interpretive and Progress Reports

OVERVIEW



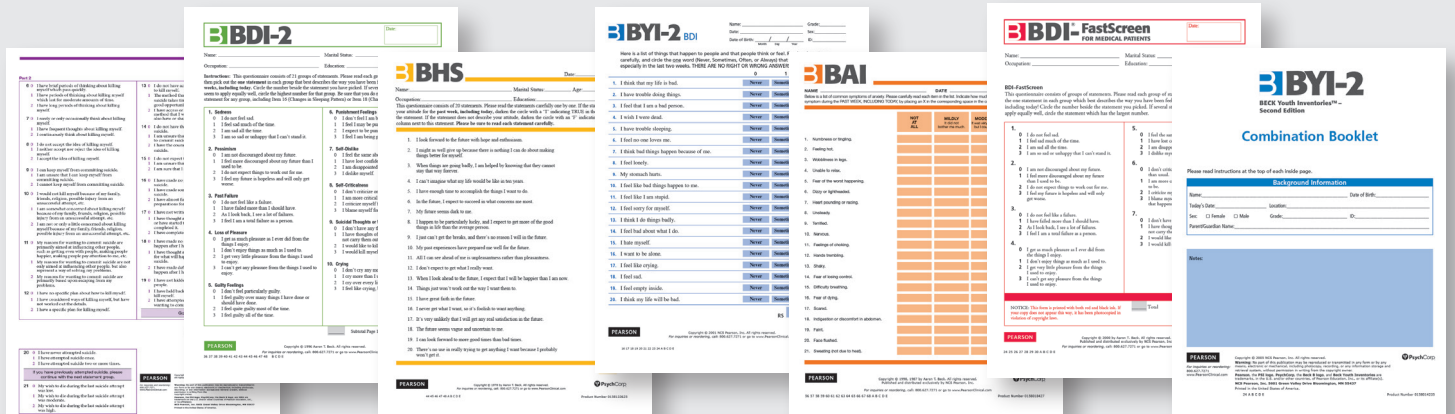
**Completion Time:** 5 to 10 minutes  
**Administration:** Computer or paper and pencil  
**Forms:** English and Spanish  
**Ages:** 17:0 years and older  
**Qualification Level:** B  
**Report Options:** Interpretive and Progress Reports

OVERVIEW



**Completion Time:** 5 minutes per inventory  
**Administration:** Computer or paper and pencil  
**Forms:** Self-report  
**Ages:** 7:0 through 18:0 years  
**Qualification Level:** B  
**Report Options:** Interpretive and Progress Reports

OVERVIEW



BECK Scales: Use this family of scales to help meet the needs of your practice.

# Do more in less time. Use the Beck Scales online!



Administer, score, and report any Beck Scale in the traditional paper form or a digital format with Q-global<sup>®</sup>, Pearson's web-based system. Q-global provides the following benefits:

- **Time-saving remote administration**  
Email your patients a secure link to complete Beck response forms at home prior to visiting you in the office.
- **Convenient mobile access**  
Because Q-global is online, you and your patients can use it anytime, anywhere from any digital device—including your laptop, tablet, or phone—to obtain important results.
- **Improved accuracy with automated scoring and reporting**  
Patient responses are tabulated and scored automatically, saving time and reducing potential calculation and transcription errors.
- **Efficient progress monitoring**  
A complimentary progress report can help you track your patient's progress over time.
- **One source for patient records means better organization**  
A single, manageable database keeps all patients' assessment information within easy reach.

To order or for more information,  
call 800-627-7271 or visit our website at [PearsonAssessments.com](https://www.pearsonassessments.com)