

SCORING KEY

DR. BURNS' BRIEF MOOD SURVEY DEPRESSION AND ANXIETY SCALES

Score	Severity	Meaning
0	No Symptoms	That's terrific! You don't seem to have any symptoms at all.
1-2	Borderline	These scores are normal, but you could use a little tune-up.
3-5	Mild	Although your scores aren't greatly elevated, this is enough depression or anxiety to take the joy out of life.
6-10	Moderate	You are feeling quite a bit of anxiety or depression. That makes me sad, but there's some really good news. The CBT tools can help you.
11-15	Severe	You have fairly strong feelings of depression and anxiety. The CBT tools can definitely help.
16-20	Extreme	Scores in this range indicate your suffering is intense. Friends or family may have trouble grasping how much pain you are in. The prognosis for improvement is very positive using the CBT tools.

Your moods will change from time to time. That will happen. Anxiety tends to fluctuate more than depression. For example, if you're shy, then your anxiety may increase a lot when you're interacting with people at a social gathering or have to give a talk at work. And if you have a phobia, like a fear of heights, flying, elevators, then your anxiety will spike when you are exposed to the situation or things you're afraid of.

About ANGER ... you can be angry without being mad at someone you know. For example, you can be angry with yourself, with some irritating event or with someone you don't even know. Make sure the person you are thinking about on the anger scale is always the same. Otherwise, your scores may go up and down just because you're thinking about different people.

SCORING KEY FOR DR. BURNS' ANGER AND RELATIONSHIP SATISFACTION SCALES

Anger Scale		Relationship Satisfaction Scale	
Score	Meaning	Score	Meaning
0	No anger	0-10	Extremely dissatisfied
1-2	A little anger	11-15	Very dissatisfied
3-5	Mild anger	16-20	Moderately dissatisfied
6-10	Moderate anger	21-25	Somewhat satisfied
11-15	Severe anger	26-28	Moderately satisfied
16-20	Extreme anger	29-30	Extremely satisfied

CRAVINGS AND URGES TO USE

	NOT AT ALL TRUE	SLIGHTLY TRUE	Moderately True	Very True	COMPLETELY TRUE
1. Sometimes I crave drugs or alcohol.	0	1	2	3	4
2. Sometimes I have the urge to use drugs or alcohol.	0	1	2	3	4
3. Sometimes I really want to use drugs or alcohol.	0	1	2	3	4
4. Sometimes It's hard to resist the urge to use drugs or alcohol.	0	1	2	3	4
5. Sometimes I have to struggle with the temptation to use drugs or alcohol.	0	1	2	3	4
TOTAL					

HAPPINESS TEST

	Not at all	SOMEWHAT	Moderately	A Lot	Extremely
1. Happy and joyful	0	1	2	3	4
2. Hopeful and optimistic	0	1	2	3	4
3. Worthwhile, high self-esteem	0	1	2	3	4
4. Motivated, productive	0	1	2	3	4
5. Pleased and satisfied with life	0	1	2	3	4
TOTAL					

SCORING KEY FOR DR. BURNS' TEMPTATION AND HAPPINESS TEST

TEMPTATION TEST		HAPPINESS TEST	
Score	Meaning	Score	Meaning
0	No temptation	0-1	No happiness
1-2	A little temptation	2-4	Minimal happiness
3-5	Mild temptation	3-5	Some happiness
6-10	Moderate temptation	6-10	Moderate happiness
11-15	Severe temptation	11-15	A lot of happiness
16-20	ALMOST CERTAIN TO GIVE IN	16-19	Extreme happiness
		20	Tremendous happiness