

-هذا الاستبيان مكون من مجموعات من العروض , رجاء قراءة كل مجموعة بدقة و بعد ذلك تختار من كل مجموعة ما يصف حالتك في هذا الاسبوع بما فيه اليوم. ضع علامة حول الرقم الذي اخترته. لو كان أكثر من عرض يفي بنفس القدر فعلم على كل واحد. رجاء قراءة كل العروض في كل مجموعة قبل أن تختار.

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	1	أشعر ابنى حزين
	2	أنا حزين طول الوقت و لا أستطيع التخلص من الحزن
	3	أنا شديد الحزن و التعاسة بدرجة لا يمكن تحملها
2	0	أنا لا أشعر بالتشاؤم تجاه المستقبل
	1	أشعر بالتشاؤم تجاه المستقبل
	2	أشعر بان ليس لدي ما أتطلع اليه
	3	أشعر بان المستقبل بائس تماما و ان الامور لن تتحسن ابدا
3	0	لا أشعر انى فاشل
	1	أشعر انى فشلت أكثر من اى شخص عادى
	2	حينما أفكر فى حياتى الماضية لا اجد الا سلسلة من الفشل
	3	أشعر انى انسان فاشل تماما
4	0	أشعر بالرضا كما كنت من قبل
	1	لم اعد استمتع بالاشياء التى كانت تمنعنى من قبل
	2	لم اعد اجد فى اى شئ ما يرضينى
	3	أنا مستاء و سآخط على كل شئ
5	0	لا أشعر بالذنب
	1	أشعر بالذنب فى اوقات كثيرة
	2	أشعر بالذنب فى معظم الاوقات
	3	أشعر بالذنب طول الوقت
6	0	لا أشعر بانى أعاقب
	1	أشعر ابنى سآعاقب
	2	أتوقع انى سوف أعاقب
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Arabic Version Of Beck Depression Inventory

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