Assessment of depression by using beck’s depression inventory

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Introduction

Depression is an mental disorder that associated with depressed mood, loss of pleasure, loss of interest over any work. There is an immediate need for awareness programs and counselling and educate the depressed people in the social and psychological environment. If there is any delay in conducting these awareness programs, this may impact on the delayed activities which may affect their carrier. This is a review which gives a calculated report of Beck’s depression inventory scale, which is utilized for the calibration of levels of depression in a group of students of age 17-25 years. It is an prospective observational study conducted on 328 individuals (N=328) to depict the levels of their handling stress. Infect that this present article gives review report.

Types of depression:

1. Major depressive disorder
2. Dysthymia
3. Mania depression
4. Post partum depression
5. Psychotic depression

Beck’s depression inventory (BDI, BDI, IA, BDI-II)

This was created by “Aaron T. Beck”. It is an 21 questions multiple choice self report inventory. It is one of the mostly used psychometric test for measuring the severity of depression. It is used by mental health professionals to assess the severity of depression from a psychodynamic perspective. The current version, the BDI-II is designed for the people who are aged 13 and over and it is associated with the symptoms of...
depression such as hopelessness and irritability, cognitions such as feeling of being punished, as physical symptoms such as fatigue, weight loss and lack of sexual feelings. This scale is mostly used to assess the depression in children, it is called as children’s depression inventory (CDI). It was first published in 1979 by clinical psychologist “Maria kovacs” [3,4].

Development and History
Beck developed this by giving importance to negative cognition. This described a uncontrolled, inaccurate and often negative feeling about ones own self [5,6]. For example, In a case of a student obtaining poor results in exams

- The student has negative feelings about the society, so that he may believe that he can’t enjoy the class
- The student feel negative thoughts about his future because he thought that he may not pass the class.
- The student has negative feelings about his self, as he may feel he does not deserve to be in college.

By this Beck developed a questionnaire to asses the severity of depression of a person [7].

Methodology
A prospective study conducted in A.S.N Pharmacy College. A standard questionnaire (Beck’s Depression Inventory) was circulated among the students.

Study design:
Prospective observation study.

Study location
At A.S.N Pharmacy College, Burripalem road, Tenali.

Study duration
November to January.

Sample size
328 N.

Material Required
A standard questionnaire (Beck’s depression inventory) was followed by physician and pharmacy practice department faculty to assess the depression and diagnosis of mental health of a patient.

Method
The students who involved in the survey of prospective analysis of seasonal affecting disorder were given the standard questionnaire. The depression levels are analysed using BDI scale.

Results and Discussion
Tab: 01 Score Comarision of Females versus Males.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Score according to scale 0-7</th>
<th>Score according to scale 8-13</th>
<th>Score according to scale 14-18</th>
<th>Score according to scale 19-22</th>
<th>Score according to scale &gt;23</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>18</td>
<td>50</td>
<td>23</td>
<td>10</td>
<td>37</td>
<td>138</td>
</tr>
<tr>
<td>Female</td>
<td>20</td>
<td>90</td>
<td>28</td>
<td>31</td>
<td>21</td>
<td>190</td>
</tr>
</tbody>
</table>

Fig: 01 Pie chart representing depression levels over study population.

Fig: 02 Bar representing the difference of score between male and female individuals
Conclusion
This study says that there is mild depression in students. They should be given an immediate counseling and awareness campaign to the individuals who were depressed and deviated. In case of negligence towards their health which may lead to disorders like schizophrenia, maniac depression which is much more dangerous to people and society. This may also impact on their further study.

References
8. Rating scale from...www.ismanet.org.