

Today's Date: _____

Name: _____

SYMPTOM AND BEHAVIOR CHECKLIST - ADULTS

Directions:

Below is a list of problems and complaints that people sometimes have. Please read each item carefully, then circle the number that best describes how much that problem has bothered you in the PAST TWO WEEKS INCLUDING TODAY.

0 - Not at all 1 - A little bit 2 - Moderately 3 - Quite a bit 4 - Extremely

| | | | | | | | | | | | |
|--|---|---|---|---|---|--|---|---|---|---|---|
| Soreness of your muscles | 0 | 1 | 2 | 3 | 4 | Hot or cold spells | 0 | 1 | 2 | 3 | 4 |
| Numbness or tingling in parts of your body | 0 | 1 | 2 | 3 | 4 | Trouble catching your breath | 0 | 1 | 2 | 3 | 4 |
| Weakness in parts of your body | 0 | 1 | 2 | 3 | 4 | Faintness or dizziness | 0 | 1 | 2 | 3 | 4 |
| Pains in heart or chest | 0 | 1 | 2 | 3 | 4 | Lump in your throat | 0 | 1 | 2 | 3 | 4 |
| Headaches | 0 | 1 | 2 | 3 | 4 | Nausea or upset stomach | 0 | 1 | 2 | 3 | 4 |
| Having to double-check what you do | 0 | 1 | 2 | 3 | 4 | Trouble concentrating | 0 | 1 | 2 | 3 | 4 |
| Doing things slowly in order to be accurate | 0 | 1 | 2 | 3 | 4 | Worried about sloppiness or carelessness | 0 | 1 | 2 | 3 | 4 |
| Your mind goes blank | 0 | 1 | 2 | 3 | 4 | Feeling blocked in getting things done | 0 | 1 | 2 | 3 | 4 |
| Trouble remembering things | 0 | 1 | 2 | 3 | 4 | Repeating the same action, such as counting, washing | 0 | 1 | 2 | 3 | 4 |
| Difficulty making decisions | 0 | 1 | 2 | 3 | 4 | | | | | | |
| Feeling afraid to go out of your house alone | 0 | 1 | 2 | 3 | 4 | Afraid of being alone | 0 | 1 | 2 | 3 | 4 |
| Afraid you will faint in public | 0 | 1 | 2 | 3 | 4 | Avoiding certain things because they frighten you too much | 0 | 1 | 2 | 3 | 4 |
| Feeling uneasy in crowds, such as at the mall or movies | 0 | 1 | 2 | 3 | 4 | | | | | | |
| Feeling that most people can't be trusted | 0 | 1 | 2 | 3 | 4 | Feeling others are to blame for most of your problems | 0 | 1 | 2 | 3 | 4 |
| Having ideas or beliefs that others do not share | 0 | 1 | 2 | 3 | 4 | Others not giving you proper credit for your achievements | 0 | 1 | 2 | 3 | 4 |
| Feeling that people will take advantage of you if you let them | 0 | 1 | 2 | 3 | 4 | | | | | | |

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| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Hearing voices that other people do not hear | 0 | 1 | 2 | 3 | 4 | The idea that something is wrong with your mind | 0 | 1 | 2 | 3 | 4 |
| Having thoughts about sex that bother you a lot | 0 | 1 | 2 | 3 | 4 | The belief that someone else controls your thoughts | 0 | 1 | 2 | 3 | 4 |
| Feeling that you should be punished for your sins | 0 | 1 | 2 | 3 | 4 | The belief that others know your private thoughts | 0 | 1 | 2 | 3 | 4 |
| Poor appetite | 0 | 1 | 2 | 3 | 4 | Sleep that is restless or disturbed | 0 | 1 | 2 | 3 | 4 |
| Overeating | 0 | 1 | 2 | 3 | 4 | Thoughts of death or dying | 0 | 1 | 2 | 3 | 4 |
| Trouble falling asleep | 0 | 1 | 2 | 3 | 4 | Feelings of guilt | 0 | 1 | 2 | 3 | 4 |
| Awakening early in the morning | 0 | 1 | 2 | 3 | 4 | | | | | | |
| Being critical of others | 0 | 1 | 2 | 3 | 4 | Feeling inferior to others | 0 | 1 | 2 | 3 | 4 |
| Feeling shy or uneasy with the opposite sex | 0 | 1 | 2 | 3 | 4 | Feeling uncomfortable when eating or drinking in public | 0 | 1 | 2 | 3 | 4 |
| Your feelings are easily hurt | 0 | 1 | 2 | 3 | 4 | Feeling self-conscious with others | 0 | 1 | 2 | 3 | 4 |
| Feeling that people are unfriendly or dislike you | 0 | 1 | 2 | 3 | 4 | | | | | | |
| Low energy, feeling slowed down | 0 | 1 | 2 | 3 | 4 | Blaming yourself for things | 0 | 1 | 2 | 3 | 4 |
| Loss of sexual interest or pleasure | 0 | 1 | 2 | 3 | 4 | Feeling lonely | 0 | 1 | 2 | 3 | 4 |
| Thoughts of ending your life | 0 | 1 | 2 | 3 | 4 | Feeling blue | 0 | 1 | 2 | 3 | 4 |
| Crying easily | 0 | 1 | 2 | 3 | 4 | Worrying too much about things | 0 | 1 | 2 | 3 | 4 |
| Feeling trapped | 0 | 1 | 2 | 3 | 4 | Loss of interest in things you used to enjoy | 0 | 1 | 2 | 3 | 4 |
| Feeling hopeless about the future | 0 | 1 | 2 | 3 | 4 | Everything feels like it's an effort | 0 | 1 | 2 | 3 | 4 |
| Feeling worthless | 0 | 1 | 2 | 3 | 4 | | | | | | |
| Nervous or shaky inside | 0 | 1 | 2 | 3 | 4 | Feeling tense or keyed up | 0 | 1 | 2 | 3 | 4 |
| Fearful | 0 | 1 | 2 | 3 | 4 | Feelings of panic | 0 | 1 | 2 | 3 | 4 |
| Heart pounding or racing | 0 | 1 | 2 | 3 | 4 | Feeling pushed to get things done | 0 | 1 | 2 | 3 | 4 |
| Easily annoyed or irritated | 0 | 1 | 2 | 3 | 4 | Having urges to break or smash things | 0 | 1 | 2 | 3 | 4 |
| Temper outbursts you can't control | 0 | 1 | 2 | 3 | 4 | Getting into arguments frequently | 0 | 1 | 2 | 3 | 4 |
| Having urges to beat, injure, or hurt someone | 0 | 1 | 2 | 3 | 4 | Shouting or throwing things | 0 | 1 | 2 | 3 | 4 |