

SURNAME:		GIVEN NAME:		DATE: MM DD YY				
SEX: <input type="checkbox"/> Male <input type="checkbox"/> Female		MARITAL STATUS: <input type="checkbox"/> Never Married <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated		AGE: []		RESIDENTIAL STATUS: <input type="checkbox"/> In Hospital <input type="checkbox"/> In Other Institution <input type="checkbox"/> At Home		
OCCUPATION: (N/A = Not Applicable) <input type="checkbox"/> Employed <input type="checkbox"/> Unemployed <input type="checkbox"/> Retired <input type="checkbox"/> Homemaker <input type="checkbox"/> Student <input type="checkbox"/> Disabled								

Rating Scale:



Little or no difficulty



Moderate interference with enjoyment of life or general activities



Severe interference with enjoyment of life or general activities

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

Physical Exercise 1	Mobility 2	Pain or Discomfort 3
Physical exercise (30+ minutes a day of exercise)	Walking or climbing stairs	Pain or physical discomfort
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

Energy 4	Sleep 5	Appetite or Eating 6
Fatigue or excessive energy	Under- or over-sleeping (the normal 7 hrs. a day)	Under- or over-eating
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

Sex 7	Vision or Hearing 8	Overall Physical Health 9
0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

Family 10	Friends 11	Romantic or Sexual Partner 12
Functioning with your family	Functioning with friends (or lacking friends)	Functioning with your romantic or sexual partner
0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty	0 Little or no difficulty <input type="checkbox"/> OR N/A
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

Stress 13	School 14	Job 15
Current stress level	Functioning at school	Functioning at work
0 Little or no difficulty	0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty <input type="checkbox"/> OR N/A
1 Moderate problems	1 Moderate problems	3 Moderate problems
2 Severe problems	2 Severe problems	6 Severe problems

Housekeeping 16	Financial Situation 17	Residence 18
Housekeeping (cooking, cleaning, laundry etc.)	Financial situation and money management	Residence and neighborhood
0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty <input type="checkbox"/> OR N/A
3 Moderate problems	3 Moderate problems	1 Moderate problems
6 Severe problems	6 Severe problems	2 Severe problems

Reckless Risk Taking 19	Disrespect For The Law 20	Physical Violence 21
Doing unnecessary, risky, dangerous activities, without regard for self-damaging consequences	Showing disrespect for normal law-abiding behavior	Being physically violent towards others (e.g. physical assault or property damage)
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

Smoking 22	Alcohol Use 23	Drug or Medication Use 24
0 None <input type="checkbox"/> OR N/A	0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty <input type="checkbox"/> OR N/A
1 Some (but not chain smoking)	1 More than 3 drinks a day OR moderate problems	1 Moderate problems
2 A lot (chain smoking)	2 Severe problems	2 Severe problems

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

Agoraphobia 25	Specific Phobia 26	Panic Attacks 27
Avoiding multiple panic-provoking situations that make one feel trapped, helpless, or embarrassed	Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking)	Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
3 Moderate problems	1 Moderate problems	1 Moderate problems
6 Severe problems	2 Severe problems	2 Severe problems
Obsessions or Compulsions 28	Depressed Mood 29	Anxiety 30
Having unwanted, disturbing obsessive thoughts or feeling driven to perform compulsive rituals	Feeling down, depressed, or hopeless	Frequently feeling fearful or worried
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Irritability 31	Guilt or Shame 32	Self-Harm 33
Easily angered, provoked, or annoyed	Having frequent, persistent, or intense feelings of guilt or shame	Having thoughts of deliberate self-harm or suicide OR showing severe self-neglect
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	3 Moderate problems (but suicide is not imminent)
2 Severe problems	2 Severe problems	6 Severe problems (suicide is imminent)
Elated Mood 34	Over-Talkativeness 35	Agitation or Hyperactivity 36
Feeling great happiness or exhilaration	Being unusually talkative, having a pressure to keep talking, or thoughts race from topic to topic	Having excessive activity either nonproductive (e.g., pacing) or goal-directed (e.g., spending)
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Perceptual Dysregulation 37	Unusual Beliefs or Experiences 38	Disorganized Speech or Behavior 39
Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling	Holding a fixed belief, hearing voices, or seeing things that others believe isn't true or real	Speech is frequently derailed or incoherent; OR grossly disorganized or catatonic behavior
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
3 Moderate problems	3 Moderate problems	3 Moderate problems
6 Severe problems	6 Severe problems	6 Severe problems
Distractibility 40	Loss of Interest or Pleasure 41	Impaired Memory 42
Difficulty concentrating on doing something for 10 minutes; easily distracted; poor attention span	Lacking interest or pleasure in doing one's usual activities	Difficulty learning new things or remembering things (e.g., paying bills, appointments)
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	3 Moderate problems
2 Severe problems	2 Severe problems	6 Severe problems
Impaired Reasoning 43	Impaired Communication 44	Restricted Repetitive Behaviors 45
Difficulty analyzing and finding solutions to problems in day-to-day life; poor judgment	Difficulty understanding what people say or difficulty starting and maintaining a conversation	Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
3 Moderate problems	3 Moderate problems	3 Moderate problems
6 Severe problems	6 Severe problems	6 Severe problems
Impaired Self-Care 46	Psychomotor Slowing 47	Confusion 48
Having difficulty with keeping clean, bathing, dressing self, or using the toilet	Thinking, speaking, or moving so slowly that it was noticeable to others	Getting lost near home; not knowing "person, place or time"; too confused to drive a car
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
3 Moderate problems	3 Moderate problems	3 Moderate problems
6 Severe problems	6 Severe problems	6 Severe problems
Institutional Care 49	Lack of Insight 50	Usual Activities 51
Being in residential care (e.g. nursing or group home, institution or hospital)	Lacking understanding of (and willingness to change) one's own personal problems	Usual activities i.e., occupational, social, recreational, and self-care (e.g., hygiene, shopping)
0 Is not in residential or hospital care	0 Little or no difficulty	0 Little or no difficulty
3 Is in residential care	3 Moderate problems OR partially refuses help	3 Moderate problems
6 Is in hospital OR was recently discharged	6 Severe problems OR refuses all help	6 Severe problems

Self-Confidence 52 Having faith in oneself or one's abilities; feeling successful	Optimism 53 Having a positive outlook on life; expecting a good outcome; being hopeful	Ability to Handle Rejection 54 Showing little fear of social rejection or embarrassment
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Ability to Handle Separation 55 Not feeling uncomfortable or helpless when alone or when separated from caretakers	Assertiveness 56 Confidently expressing one's opinion; not being submissive	Independence 57 Not excessively relying on or being controlled by someone else
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Intimacy Seeking 58 Wanting close relationships and intimate sexual relationships	Gregariousness 59 Wanting to be in the company of others; wanting social contact	Demonstrativeness 60 Showing one's feelings openly, especially affection
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Pragmatism 61 Practical rather than perfectionistic; accepting "good enough" rather than demanding perfection	Good Life-Work Balance 62 If working, setting aside sufficient time for one's social life and recreation	Flexibility 63 Being flexible and willing to compromise; being willing to delegate control to others
0 Little or no difficulty	0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Genuineness 64 Being sincere and free from pretense; being authentic; not attention seeking or theatrical	Chastity 65 Avoiding brief, superficial sexual relations and numerous sexual affairs	Caution 66 Thinking carefully before acting or speaking; taking care to avoid mistakes or danger
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Emotional Stability 67 Having calm and stable moods	Stable Self-Image 68 Having stable: self-image ("who-am-I"), core personal values, life goals and career plans	Social Stability 69 Having a pattern of stable and peaceful interpersonal relationships
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Trust 70 Feeling that it is safe to act without being unfairly embarrassed, cheated, or punished by others	Forgiveness 71 Forgiving other people's honest mistakes; not bearing grudges or seeking revenge	Gratitude 72 Being grateful for or savoring the good things that happen; thanking others for their help
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Humility 73 Having a modest estimate of one's own importance; not being arrogant	Generosity 74 Unselfishly giving or sharing (asking nothing in return); charity	Love 75 Actively contributing to the well-being of others by showing caring, kindness, and compassion
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems
Respect 76 Respecting others and treating them with dignity; making others feel appreciated; being polite	Responsibility 77 Fulfilling or honoring commitments and obligations	Honesty 78 Not lying, stealing, cheating, or otherwise deceiving others; acting fairly
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack of this causes moderate problems	1 Lack of this causes moderate problems	1 Lack of this causes moderate problems
2 Lack of this causes severe problems	2 Lack of this causes severe problems	2 Lack of this causes severe problems

Low Self-Esteem 52	Pessimism 53	Rejection Hypersensitivity 54
Having feelings of low self-worth or low self-confidence; feeling inferior	Seeing the worst aspect of things or believing that the worst will happen	Overly preoccupied with, and sensitive to, criticism or rejection
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Separation Anxiety 55	Submissiveness 56	Dependence 57
Feeling uncomfortable or helpless when alone or when separated from caretakers	Willing to give in to others; meekly obedient or unassertive	Constantly looking to others for support and guidance
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Intimacy Avoidance 58	Social Withdrawal 59	Restricted Emotions 60
Avoidance of close, romantic, or sexually intimate relationships	Avoiding social contacts and activities	Being emotionally distant and unresponsive
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Rigid Perfectionism 61	Over-Working 62	Overcontrolling 63
Insisting on everything being flawless; holding self and others to unrealistically high standards	Being excessively dedicated to achieving success hence working to excess	Being rigid, stubborn, and over-controlling of others; reluctant to delegate tasks or control
0 Little or no difficulty	0 Little or no difficulty <input type="checkbox"/> OR N/A	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Attention Seeking 64	Promiscuity 65	Impulsivity 66
Excessive attempts to attract and be the focus of the attention of others; admiration seeking	Brief, superficial relations, numerous affairs and an indiscriminate choice of sexual partners	Acting suddenly or rashly without a plan or consideration of the consequences
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Emotional Instability 67	Unstable Self-Image/Direction 68	Social Instability 69
Unstable emotions that are easily aroused, intense, and / or out of proportion to events	Having unstable self-image ("who-am-I") or self-direction (instability in values or career plans)	Having a pattern of unstable and intense social relationships
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Suspiciousness 70	Bearing Grudges 71	Feeling Victimized 72
Mistrusting others; excessively suspicious about the motives of others	Having persistent resentment; not forgiving an insult or injury; seeking revenge	Feeling that one has received cruel or unjust treatment
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Arrogance 73	Manipulation 74	Callousness 75
Offensive display of superiority, self-importance, entitlement, or overbearing pride; often bragging	Using charm, ingratiation, glibness, or seduction to cheat or control others for personal gain	Lacking guilt about causing others harm; lacking empathy; cold and indifferent to others' feelings
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems
Hostility 76	Irresponsibility 77	Deceitfulness 78
Using threats or force against others; being verbally abusive, bullying, mean, or vengeful	Failing to fulfill or honor commitments and obligations	Dishonesty and fraudulence; lying, stealing, or cheating others
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Moderate problems	1 Moderate problems	1 Moderate problems
2 Severe problems	2 Severe problems	2 Severe problems

WHAT OTHER PROBLEMS DO YOU HAVE?