### Rating Scale:
- 😁 Causes little or no difficulty
- 😑 Limits usual activities OR causes moderate difficulty
- 😞 Prevents usual activities OR causes severe difficulty

### DO YOU HAVE A PROBLEM WITH ANY OF THESE?

<table>
<thead>
<tr>
<th>Physical Exercise</th>
<th>Mobility</th>
<th>Pain or Discomfort</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Physical exercise</td>
<td>A lot (150+ minutes / week of vigorous exercise)</td>
<td>Walking or climbing stairs</td>
</tr>
<tr>
<td></td>
<td>Some (60-150 minutes / week of vigorous exercise)</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Little (less than 60 minutes / week of vigorous exercise)</td>
<td>1</td>
</tr>
<tr>
<td>Energy</td>
<td>Fatigue or excessive energy</td>
<td>Sleep</td>
</tr>
<tr>
<td></td>
<td>Causes little or no difficulty</td>
<td>Under or over sleeping</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Sex</td>
<td>Causes little or no difficulty</td>
<td>Vision or Hearing</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>Or N/A</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Family</td>
<td>Functions with your family</td>
<td>Friends</td>
</tr>
<tr>
<td></td>
<td>Causes little or no difficulty</td>
<td>Functioning with friends (or lacking friends)</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Stress</td>
<td>Current stress level</td>
<td>School</td>
</tr>
<tr>
<td></td>
<td>Causes little or no difficulty</td>
<td>Functioning at school</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Housekeeping</td>
<td>Housekeeping (cooking, cleaning, laundry etc.)</td>
<td>Financial Situation</td>
</tr>
<tr>
<td></td>
<td>Causes little or no difficulty</td>
<td>Financial situation and money management</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Reckless Risk Taking</td>
<td>Doing recklessly dangerous activities</td>
<td>Disrespect For The Law</td>
</tr>
<tr>
<td></td>
<td>Causes little or no difficulty</td>
<td>Showing disrespect for normal law-abiding behavior</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Smoking</td>
<td>Smoking</td>
<td>Alcohol Use</td>
</tr>
<tr>
<td></td>
<td>None</td>
<td>Causes little or no difficulty</td>
</tr>
<tr>
<td></td>
<td>OR N/A</td>
<td>OR N/A</td>
</tr>
<tr>
<td></td>
<td>Some (but not chain smoking)</td>
<td>More than 3 drinks a day OR causes moderate difficulty</td>
</tr>
<tr>
<td></td>
<td>A lot (chain smoking)</td>
<td>Prevents usual activities OR causes severe difficulty</td>
</tr>
</tbody>
</table>

Note: N/A = Not Applicable

### Agoraphobia
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Specific Phobia
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Panic Attacks
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

<table>
<thead>
<tr>
<th>Agoraphobia</th>
<th>Specific Phobia</th>
<th>Panic Attacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having marked fear and avoidance of multiple situations (e.g. leaving home or travelling alone)</td>
<td>Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking)</td>
<td>Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation</td>
</tr>
<tr>
<td>Causes little or no difficulty</td>
<td>Causes little or no difficulty</td>
<td>Causes little or no difficulty</td>
</tr>
<tr>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>Limits usual activities OR causes moderate difficulty</td>
<td>Limits usual activities OR causes moderate difficulty</td>
</tr>
<tr>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>Prevents usual activities OR causes severe difficulty</td>
<td>Prevents usual activities OR causes severe difficulty</td>
</tr>
</tbody>
</table>

### Obsessions or Compulsions
- Having unwanted, disturbing obsessive thoughts or compulsive rituals due to unreasonable fear
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Depressed Mood
- Having feelings of sadness, gloom, or despondency
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Anxiety
- Having intense worry, nervousness, or unease caused by fear of danger or misfortune
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Anger
- Feeling strong annoyance or displeasure; being irritable
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Guilt or Shame
- Having frequent, persistent, or intense feelings of guilt or shame
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Elated Mood
- Feeling great happiness or exultation
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Over-Talkativeness
- Being overly talkative or having one’s speech race from topic to topic
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Perceptual Dysregulation
- Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Unusual Beliefs or Experiences
- Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing “voices”
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Distractibility
- Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Loss of Interest or Pleasure
- Having diminished interest or pleasure in almost all activities
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Forgetting
- Having a poor memory; failing to remember (e.g. paying bills, appointments, yesterday’s activities)
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Impaired Reasoning
- Lacking good judgment; impaired ability to solve problems by thinking in a logical, sensible way
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Impaired Communication
- Refraining from speech; (in more severe cases) loss of the ability to understand or express speech
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Restricted Repetitive Behaviors
- Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Impaired Self-Care
- Having difficulty with bathing, dressing self, or using the toilet
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Psychomotor Slowing
- Thinking, speaking, or moving so slowly that it was noticeable to others
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Confusion
- Getting lost near home, not knowing “person, place or time”, too confused to drive a car
- Causes little or no difficulty
- Limits usual activities OR causes moderate difficulty
- Prevents usual activities OR causes severe difficulty

### Institutional Care
- Being in residential care (e.g. nursing or group home, institution or hospital)
- Is not in residential or hospital care
- Is in ( non-hospital) residential care
- Is in hospital OR was recently discharged

### Lack of Insight
- Lacking understanding of (and willingness to change) one’s own personal problems
- Causes little or no difficulty
- Limits usual activities OR partially refuses help
- Prevents usual activities OR refuses all help

### Usual Activities
- Usual activities (e.g. functioning at school, work, home, or with others; shopping; traveling; play)
- Little or no difficulty doing usual activities
- Usual activities are limited OR moderately difficult
- Usual activities are prevented OR severely difficult
### Low Self-Esteem

- Having feelings of low self-worth or low self-confidence
- Showing an offensive display of pride or superiority
- Refusing to accept blame; ignoring correction; not making amends
- Taking unfair advantage of others

### Pessimism

- Seeing the worst aspect of things or believing that the worst will happen
- Working to excess (not required by economic necessity)
- Not attending to personal appearance
- Being disrespectful or physically cruel, or bullying, threatening, or intimidating others

### Loneliness

- Feeling sad from being alone
- Needing to have others around to feel safe
- Not feeling involved in or part of others’ activities
- Not being invited to significant others’ homes

### Separation Anxiety

- Finding it very difficult to handle separation or rejection from significant others
- Avoiding close relationships, romantic relationships, or intimate sexual relationships
- Not feeling close to others
- Working to excess (not required by economic necessity)

### Submissiveness

- Willing to give in to others; frequently needing advice and reassurance
- Not having a strong sense of self
- Not being assertive
- Not being assertive

### Difficulty Handling Conflict

- Difficulty handling disagreement; failing to firmly set or defend fair moral boundaries
- Not being strong and self-confident
- Not being assertive
- Not being strong and self-confident

### Intimacy Avoidance

- Avoiding social contacts and activities
- Avoiding close relationships, romantic relationships, or intimate sexual relationships
- Not being close to others
- Not participating in social activities

### Social Withdrawal

- Not feeling close to others
- Not feeling involved in or part of others’ activities
- Not being invited to significant others’ homes
- Not being socially active

### Restricted Emotions

- Having a flat or constricted emotional experience and expression
- Not being emotional
- Not being able to cry
- Not being able to cry

### Rigid Perfectionism

- Insisting on everything being flawless; holding self and others to unrealistically high standards
- Not accepting others’ mistakes
- Working to excess (not required by economic necessity)
- Not accepting personal limitations

### Over-Working

- Working to excess (not required by economic necessity)
- Not attending to personal appearance
- Not feeling close to others
- Not feeling involved in or part of others’ activities

### Overconscientiousness

- Being overly scrupulous and inflexible about ethics, or overly preoccupied with details or rules
- Working to excess (not required by economic necessity)
- Not attending to personal appearance
- Not feeling close to others

### Emotional Instability

- Lacking emotional control and stability under stress; having over-reactive, intense emotions
- Not being able to maintain a job
- Not being able to maintain a job
- Not being able to maintain a job

### Lack of Long-Term Goals

- Lacking meaning and purpose to one’s life; feeling empty and aimless
- Not having a long-term goal
- Not having a long-term goal
- Not having a long-term goal

### Social Instability

- Having an unstable and stormy social life
- Needing to have others around to feel safe
- Not feeling involved in or part of others’ activities
- Not being invited to significant others’ homes

### Suspiciousness

- Having excessive suspicion of the motives of others
- Not being close to others
- Not being close to others
- Not being close to others

### Bearing Grudges

- Having persistent resentment; not forgiving an insult or injury; seeking revenge
- Not forgiving an insult or injury
- Not forgiving an insult or injury
- Not forgiving an insult or injury

### Jealousy

- Being resentful or envious of someone’s achievements or advantages
- Not being close to others
- Not being close to others
- Not being close to others

### Arrogance

- Showing an offensive display of superiority, self-importance, or overbearing pride
- Not being close to others
- Not being close to others
- Not being close to others

### Greedy Manipulation

- Unfairly exploiting or controlling others to satisfy one’s desire for unneeded excess
- Not being close to others
- Not being close to others
- Not being close to others

### Callousness

- Lacking guilt about causing others harm; being indifferent to the suffering of others
- Not being close to others
- Not being close to others
- Not being close to others

### Aggression

- Being disrespectful or physically cruel, or bullying, threatening, or intimidating others
- Not being close to others
- Not being close to others
- Not being close to others

### Irrresponsibility

- Being unreliable, careless; refusing to accept blame; ignoring correction; not making amends
- Not being close to others
- Not being close to others
- Not being close to others

### Deceitfulness

- Lying, stealing, or cheating others; dishonesty; fraud (wrongful and criminal deception)
- Not being close to others
- Not being close to others
- Not being close to others

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<table>
<thead>
<tr>
<th>Confidence</th>
<th>Optimism</th>
<th>Social Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Believing in one’s own abilities; showing self-assurance, bravery, or courage</td>
<td>Having a positive outlook on life; expecting a good outcome; being hopeful</td>
<td>Having sympathetic and helpful family or friends that can be counted on in times of trouble</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/confidence.png" alt="Confidence" /></td>
<td><img src="https://www.mentalhealth.com/optimism.png" alt="Optimism" /></td>
<td><img src="https://www.mentalhealth.com/social_support.png" alt="Social Support" /></td>
</tr>
<tr>
<td>Independence</td>
<td>Assertiveness</td>
<td>Conflict Resolution</td>
</tr>
<tr>
<td>Having free choice and control over one’s life; not fearing embarrassment, rejection, or separation</td>
<td>Confidently expressing one’s opinion; not being submissive</td>
<td>Skillfully handling disagreement; firmly setting and enforcing fair moral boundaries</td>
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<td><img src="https://www.mentalhealth.com/independence.png" alt="Independence" /></td>
<td><img src="https://www.mentalhealth.com/assertiveness.png" alt="Assertiveness" /></td>
<td><img src="https://www.mentalhealth.com/conflict_resolution.png" alt="Conflict Resolution" /></td>
</tr>
<tr>
<td>Intimacy</td>
<td>Gregariousness</td>
<td>Demonstrativeness</td>
</tr>
<tr>
<td>Wanting close relationships and intimate sexual relationships</td>
<td>Wanting to be in the company of others; wanting social contact</td>
<td>Showing one’s feelings openly, especially affection</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/intimacy.png" alt="Intimacy" /></td>
<td><img src="https://www.mentalhealth.com/gregariousness.png" alt="Gregariousness" /></td>
<td><img src="https://www.mentalhealth.com/demonstrativeness.png" alt="Demonstrativeness" /></td>
</tr>
<tr>
<td>Realistic Expectations</td>
<td>Good Life-Work Balance</td>
<td>Psychological Flexibility</td>
</tr>
<tr>
<td>Setting realistic goals; accepting “good enough” rather than demanding perfection</td>
<td>If working, setting aside sufficient time for one’s social life and recreation</td>
<td>Being adaptable and open-minded; not being preoccupied with details or rules</td>
</tr>
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<td><img src="https://www.mentalhealth.com/realistic_expectations.png" alt="Realistic Expectations" /></td>
<td><img src="https://www.mentalhealth.com/good_life_work_balance.png" alt="Good Life-Work Balance" /></td>
<td><img src="https://www.mentalhealth.com/psychological_flexibility.png" alt="Psychological Flexibility" /></td>
</tr>
<tr>
<td>Genuineness</td>
<td>Caution</td>
<td>Long-Term Goals</td>
</tr>
<tr>
<td>Being sincere and free from pretense; not attention seeking or theatrical</td>
<td>Thinking carefully before acting or speaking; taking care to avoid mistakes or danger</td>
<td>Showing sustained effort to achieve long-term goals; having meaning and purpose to one’s life</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/genuineness.png" alt="Genuineness" /></td>
<td><img src="https://www.mentalhealth.com/caution.png" alt="Caution" /></td>
<td><img src="https://www.mentalhealth.com/long_term_goals.png" alt="Long-Term Goals" /></td>
</tr>
<tr>
<td>Emotional Stability</td>
<td>Social Stability</td>
<td></td>
</tr>
<tr>
<td>Being calm under stress; having good emotional control and stability</td>
<td>Having a stable and peaceful social life</td>
<td><img src="https://www.mentalhealth.com/emotional_stability.png" alt="Emotional Stability" /></td>
</tr>
<tr>
<td>Trust</td>
<td>Forgiveness</td>
<td>Empathy</td>
</tr>
<tr>
<td>Feeling that it is safe to act without being unfairly embarrassed, cheated, or punished by others</td>
<td>Forgiving other people’s honest mistakes; not bearing grudges or seeking revenge</td>
<td>Understanding &amp; sharing of the emotions and experiences of others</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/trust.png" alt="Trust" /></td>
<td><img src="https://www.mentalhealth.com/forgiveness.png" alt="Forgiveness" /></td>
<td><img src="https://www.mentalhealth.com/empathy.png" alt="Empathy" /></td>
</tr>
<tr>
<td>Humility</td>
<td>Generosity</td>
<td>Love</td>
</tr>
<tr>
<td>Having a modest estimate of one’s own importance; not being arrogant</td>
<td>Unselfishly giving or sharing</td>
<td>Affection for others; showing gratefulness, caring, kindness, and compassion</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/humility.png" alt="Humility" /></td>
<td><img src="https://www.mentalhealth.com/generosity.png" alt="Generosity" /></td>
<td><img src="https://www.mentalhealth.com/love.png" alt="Love" /></td>
</tr>
<tr>
<td>Respect</td>
<td>Responsibility</td>
<td>Honesty</td>
</tr>
<tr>
<td>Respecting others and treating them with dignity; making others feel appreciated</td>
<td>Being reliable and careful; being able to accept blame, heed correction and make amends</td>
<td>Not lying, stealing, cheating, or otherwise deceiving others</td>
</tr>
<tr>
<td><img src="https://www.mentalhealth.com/respect.png" alt="Respect" /></td>
<td><img src="https://www.mentalhealth.com/responsibility.png" alt="Responsibility" /></td>
<td><img src="https://www.mentalhealth.com/honesty.png" alt="Honesty" /></td>
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