

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?

How is your physical health?

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

How is your social life?

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

How are things going at school/work? How are things going financially? Any housing or neighborhood 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

Do you have any behaviors that could get you into trouble? How about smoking, drinking, or using drugs?

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?

Do you feel your mood is too negative? Are you having obsessive thoughts or rituals? Any suicidal thoughts?

Agoraphobia 25 Avoiding multiple panic-provoking situations that make one feel trapped, helpless, or embarrassed 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Specific Phobia 26 Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking) 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Panic Attacks 27 Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation 0 Little or no difficulty 1 Moderate problems 2 Severe problems
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Obsessions or Compulsions 28 Having unwanted, disturbing obsessive thoughts or feeling driven to perform compulsive rituals 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Depressed Mood 29 Feeling down, depressed, or hopeless 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Anxiety 30 Frequently feeling fearful or worried 0 Little or no difficulty 1 Moderate problems 2 Severe problems
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Irritability 31 Easily angered, provoked, or annoyed 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Guilt or Shame 32 Having frequent, persistent, or intense feelings of guilt or shame 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Self-Harm 33 Having thoughts of deliberate self-harm or suicide OR showing severe self-neglect 0 Little or no difficulty 3 Moderate problems (but suicide is not imminent) 6 Severe problems (suicide is imminent)
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Do you feel your mood is too high or that you're over-talkative or over-active? Any problems with your thinking?

Elated Mood 34 Feeling great happiness or exhilaration 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Over-Talkativeness 35 Being unusually talkative, having a pressure to keep talking, or thoughts race from topic to topic 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Agitation or Hyperactivity 36 Having excessive activity either nonproductive (e.g., pacing) or goal-directed (e.g., shopping) 0 Little or no difficulty 1 Moderate problems 2 Severe problems
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Perceptual Dysregulation 37 Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Delusions or Hallucinations 38 Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing "voices" 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Disorganized Speech or Behavior 39 Speech is frequently derailed or incoherent; OR grossly disorganized or catatonic behavior 0 Little or no difficulty 3 Moderate problems 6 Severe problems
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Distractibility 40 Difficulty concentrating on doing something for 10 minutes; easily distracted; poor attention span 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Loss of Interest or Pleasure 41 Lacking interest or pleasure in doing one's usual activities 0 Little or no difficulty 1 Moderate problems 2 Severe problems	Impaired Memory 42 Difficulty learning new things or remembering things (e.g., paying bills, appointments) 0 Little or no difficulty 3 Moderate problems 6 Severe problems
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Impaired Reasoning 43 Difficulty analyzing and finding solutions to problems in day-to-day life; poor judgment 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Impaired Communication 44 Difficulty understanding what people say or difficulty starting and maintaining a conversation 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Restricted Repetitive Behaviors 45 Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness 0 Little or no difficulty 3 Moderate problems 6 Severe problems
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Impaired Self-Care 46 Having difficulty with keeping clean, bathing, dressing self, or using the toilet 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Psychomotor Slowing 47 Thinking, speaking, or moving so slowly that it was noticeable to others 0 Little or no difficulty 3 Moderate problems 6 Severe problems	Confusion 48 Getting lost near home; not knowing "person, place or time"; too confused to drive a car 0 Little or no difficulty 3 Moderate problems 6 Severe problems
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Institutional Care 49 Being in residential care (e.g. nursing or group home, institution or hospital) 0 Is not in residential or hospital care 3 Is in residential care 6 Is in hospital OR was recently discharged	Lack of Insight 50 Lacking understanding of (and willingness to change) one's own personal problems 0 Little or no difficulty 3 Moderate problems OR partially refuses help 6 Severe problems OR refuses all help	Usual Activities 51 Usual activities i.e., occupational, social, recreational, and self-care (e.g., hygiene, shopping) 0 Little or no difficulty 3 Moderate problems 6 Severe problems
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What part of your personality would YOU like to change? What behaviors would OTHERS like you to change?

Self-Confidence 52 Having faith in oneself or one's abilities; feeling successful 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Optimism 53 Having a positive outlook on life; expecting a good outcome; being hopeful 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Ability to Handle Rejection 54 Not overly preoccupied with, or sensitive to, criticism or rejection 0 Little or no difficulty 1 Lack of this causes moderate 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 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Assertiveness 56 Confidently expressing one's opinion; not being submissive 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Independence 57 Not excessively relying on or being controlled by someone else 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Intimacy Seeking 58 Wanting close relationships and intimate sexual relationships 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Gregariousness 59 Wanting to be in the company of others; wanting social contact 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Demonstrativeness 60 Showing one's feelings openly, especially affection 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Pragmatism 61 Practical rather than perfectionistic; accepting "good enough" rather than demanding perfection 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Good Life-Work Balance 62 If working, setting aside sufficient time for one's social life and recreation 0 Little or no difficulty <input type="checkbox"/> OR N/A 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Flexibility 63 Being flexible and willing to compromise; being willing to delegate control to others 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Genuineness 64 Being sincere and free from pretense; being authentic; not attention seeking or theatrical 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Chastity 65 Avoiding brief, superficial sexual relations and numerous sexual affairs 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Caution 66 Thinking carefully before acting or speaking; taking care to avoid mistakes or danger 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Emotional Stability 67 Having calm and stable moods 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Stable Self-Image 68 Having stable: self-image ("who-am-I"), core personal values, life goals and career plans 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Social Stability 69 Having a pattern of stable and peaceful interpersonal relationships 0 Little or no difficulty 1 Lack of this causes moderate 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 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Forgiveness 71 Forgiving other people's honest mistakes; not bearing grudges or seeking revenge 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Gratitude 72 Being grateful for or savoring the good things that happen; thanking others for their help 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Humility 73 Having a modest estimate of one's own importance; not being arrogant 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Generosity 74 Unselfishly giving or sharing (asking nothing in return); charity 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Love 75 Actively contributing to the well-being of others by showing caring, kindness, and compassion 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems
Respect 76 Respecting others and treating them with dignity; making others feel appreciated; being polite 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Responsibility 77 Fulfilling or honoring commitments and obligations 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems	Honesty 78 Not lying, stealing, cheating, or otherwise deceiving others; acting fairly 0 Little or no difficulty 1 Lack of this causes moderate problems 2 Lack of this causes severe problems

What part of your personality would YOU like to change? What behaviors would OTHERS like you to change?

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

(1) AGREEABLENESS

[Healthy] Agreeableness

Description: The core feature of the *Agreeableness* trait domain is [compassion and politeness](#). Compassion reflects empathy, sympathy, and caring for others. Politeness reflects respect for others. Agreeable people are interested in others, and they make people feel comfortable. The *Agreeableness* trait domain measures the behaviors that are central to the concept of **JUSTICE** (fair, honest, and helpful behavior - living in harmony with others, neither harming nor allowing harm). Justice is then the public manifestation of love. (This trait domain appears to measure the behaviors that differentiate *friend* from *foe*.)

Items: Trust, forgiveness, gratitude, humility, generosity, love, respect, responsibility, honesty.

[Unhealthy] Antagonism

Description: The core feature of the *Antagonism* trait domain is **disregard for the rights and feelings of others**. Common manifestations of the *Antagonism* trait domain include: self-centeredness (e.g., sense of entitlement, expectation of others' admiration, positive or negative attention-seeking behaviors, selfishness); and lack of empathy (i.e., indifference to whether one's actions hurt others, which may include being deceptive, manipulative, and exploitative of others, being mean and physically aggressive, callousness in response to others' suffering, and ruthlessness in obtaining one's goals).

Items: Suspiciousness, bearing grudges, feeling victimized, attention-seeking, promiscuity, arrogance, manipulation, callousness, aggression, irresponsibility, deceitfulness, disrespect for the law, physical violence.

(2) CONSCIENTIOUSNESS

[Healthy] Conscientiousness

Description: The core feature of the *Conscientiousness* trait domain is being self-disciplined, industrious and orderly. The *Conscientiousness* trait domain measures the behaviors that are central to the concept of **SELF-CONTROL** - organizing and controlling one's behavior in order to achieve one's goals. (This trait domain appears to measure the behaviors that differentiate behavioral *order and inhibition* from *chaos and disinhibition*.)

Items: Responsibility, caution, pragmatism, good work-life balance, self-control.

[Unhealthy] Over-Conscientiousness

The core feature of the *Over-Conscientiousness* trait domain is a **narrow focus on one's rigid standard of perfection** and of right and wrong, and on controlling one's own and others' behavior and controlling situations to ensure conformity to these standards. Common manifestations of the *Over-Conscientiousness* trait domain include: perfectionism (e.g., concern with social rules, obligations, and norms of right and wrong, scrupulous attention to detail, rigid, systematic, day-to-day routines, hyper-scheduling and planfulness, emphasis on organization, orderliness, and neatness); and emotional and behavioral constraint (e.g., rigid control over emotional expression, stubbornness and inflexibility, risk-avoidance, perseveration, and deliberativeness).

Items: Rigid perfectionism, over-working, overly self-controlled.

[Unhealthy] Disinhibition

Description: The core feature of the *Disinhibition* trait domain is the **tendency to act rashly** based on immediate external or internal stimuli (i.e., sensations, emotions, thoughts), without consideration of potential negative consequences. Common manifestations of the *Disinhibition* trait domain include: impulsivity; distractibility; irresponsibility; recklessness; and lack of planning.

items: Impulsivity, reckless risk taking, lacking realistic goals, distractibility, hyperactivity, over-talkativeness, elated mood, (addiction to: smoking, alcohol use, drug or medication use).

(3) OPENNESS / INTELLECT

Openness or Intellect

Description: The core feature of the *Openness or Intellect* (or "Openness to Experience") trait domain is being open-minded and creative. The *Openness/Intellect* trait domain measures the behaviors that are central to the concept of **WISDOM** - having experience, knowledge, and good judgment. (This trait domain appears to measure the behaviors that differentiate *open-minded* from *close-minded* individuals.) Open-minded people are usually creative, sophisticated, intellectual, wise, curious and interested in art.

Descriptors: Receptive to new ideas, curious, imaginative, creative.

Low Openness / Intellect

Description: The core feature of the *Low Openness / Intellect* (or "Closed to Experience") trait domain is being **closed-minded and uncreative**. The Low Openness / Intellect trait domain is associated with narrow-mindedness, unimaginativeness and lack of wisdom.

items: Lack of insight, forgetfulness, impaired reasoning, impaired communication, restricted repetitive behaviors, impaired self-care, psychomotor slowing, confusion, perceptual dysregulation, unusual beliefs and experiences, disorganized speech or behavior.

(4) SOCIALITY

[Healthy] Sociality / Extraversion

Description: The core feature of the *Sociality (Extraversion)* trait domain is being enthusiastic and assertive. Assertiveness encompasses traits relating to leadership, dominance, and drive. Enthusiasm encompasses both sociability and the tendency to experience and express positive emotion. Extraverts tend to engage in social interaction; they are enthusiastic, risk-taking, talkative and assertive. The *Extraversion* trait domain measures the behaviors that are central to the concept of **COURAGE**. (This trait domain appears to measure the behaviors that differentiate *approach or assertiveness* from *avoidance or submission*.)

items: Gregariousness, intimacy seeking, demonstrativeness, genuineness.

[Unhealthy] Detachment / Introversion

Description: The core feature of the *Detachment* trait domain is **shyness** which can take the form of **social detachment** (the tendency to maintain interpersonal distance) and **emotional detachment** (emotional distance). Common manifestations of the *Detachment* trait domain include: social detachment (avoidance of social interactions, lack of friendships, and avoidance of intimacy); and emotional detachment (reserve, aloofness, and limited emotional expression and experience).

items: Social withdrawal, intimacy avoidance, restricted emotions, loss of interest or pleasure.

(5) EMOTIONAL STABILITY

[Healthy] Emotional Stability

Description: The core feature of the *Emotional Stability* trait domain is the tendency to remain calm and emotionally stable. The *Emotional Stability* trait domain measures the behaviors that are central to the concept of **SERENITY** – being calm, peaceful, or tranquil. (This trait domain appears to measure the emotions and behaviors that differentiate *safety* from *danger*.)

items: Confidence, optimism, social support, independence, assertiveness, conflict resolution, emotional stability, stable sense of self, social stability.

[Unhealthy] Emotional Distress

Description: The core feature of the *Emotional Distress* trait domain is the **tendency to experience a broad range of negative emotions**. (This could be thought of as high threat sensitivity or low stress tolerance.) Common manifestations of the *Emotional Distress* trait domain include: experiencing a broad range of negative emotions (e.g., anxiety, depression, irritability) with a frequency and intensity out of proportion to the situation; emotional lability and poor emotion regulation; negativistic attitudes; low self-esteem and self-confidence; and mistrustfulness.

items: Low self-esteem, pessimism, loneliness, separation anxiety, submissiveness, difficulty handling conflict, emotional instability, unstable sense of self, social instability, agoraphobia, specific phobia, panic attacks, obsessions or compulsions, depressed mood, anxiety, irritability, guilt or shame, self-harm.

(6) PHYSICAL HEALTH

Physically Healthy

items: Healthy: physical exercise, mobility, (lack of) pain or discomfort, energy, sleep, appetite, sex, vision or hearing, overall physical health.

Physically Unhealthy

items: **Health problems** with: physical exercise, mobility, pain or discomfort, energy, sleep, appetite, sex, vision or hearing, overall physical health.

COMMENTS