

Amen Adult General Symptom Checklist

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well. List other person _____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Other Self

- ___ ___ 1. Feeling depressed or being in a sad mood
- ___ ___ 2. Having a decreased interest in things that are usually fun, including sex
- ___ ___ 3. Experiencing a significant change in weight or appetite, increased or decreased
- ___ ___ 4. Having recurrent thoughts of death or suicide
- ___ ___ 5. Experiencing sleep changes, such as a lack of sleep or a marked increase in sleep
- ___ ___ 6. Feeling physically agitated or of being "slowed down"
- ___ ___ 7. Having feelings of low energy or tiredness
- ___ ___ 8. Having feelings of worthlessness, helplessness, hopelessness or guilt
- ___ ___ 9. Experiencing decreased concentration or memory
- ___ ___ 10. Having periods of an elevated, high or irritable mood
- ___ ___ 11. Having periods of a very high self-esteem or grandiose thinking
- ___ ___ 12. Having periods of decreased need for sleep without feeling tired
- ___ ___ 13. Being more talkative than usual or feeling pressure to keep talking
- ___ ___ 14. Having racing thoughts or frequently jumping from one subject to another
- ___ ___ 15. Being easily distracted by irrelevant things
- ___ ___ 16. Having a marked increase in activity level
- ___ ___ 17. Excessive involvement in pleasurable activities that have the potential for painful consequences (e.g., spending money, sexual indiscretions, gambling, foolish business ventures)
- ___ ___ 18. Experiencing panic attacks, which are periods of intense, unexpected fear or emotional discomfort (list number per month ___)
- ___ ___ 19. Having periods of trouble breathing or feeling smothered
- ___ ___ 20. Having periods of feeling dizzy, faint or unsteady on your feet
- ___ ___ 21. Having periods of heart pounding or rapid heart rate
- ___ ___ 22. Having periods of trembling or shaking
- ___ ___ 23. Having periods of sweating
- ___ ___ 24. Having periods of choking
- ___ ___ 25. Having periods of nausea or abdominal discomfort/trouble
- ___ ___ 26. Having feelings of a situation "not being real"
- ___ ___ 27. Experiencing numbness or tingling sensations
- ___ ___ 28. Experiencing hot or cold flashes
- ___ ___ 29. Having periods of chest pain or discomfort
- ___ ___ 30. Fearing death
- ___ ___ 31. Fearing going crazy or doing something out-of-control
- ___ ___ 32. Avoiding everyday places for 1) fear of having a panic attack or 2) needing to go with other people in order to feel comfortable

- ___ ___ 33. Excessive fearing of being judged by others, which causes you to avoid or get anxious in situations
- ___ ___ 34. Experiencing persistent, excessive phobia (heights, closed spaces, specific animals, etc.) please list _____
- ___ ___ 35. Having recurrent bothersome thoughts, ideas, or images that you try to ignore
- ___ ___ 36. Having trouble getting "stuck" on certain thoughts, or having the same thought over and over
- ___ ___ 37. Experiencing excessive or senseless worrying
- ___ ___ 38. Others complaining that you worry too much or get "stuck" on the same thoughts
- ___ ___ 39. Having compulsive behaviors that you must do or else you feel very anxious, such as excessive hand washing, checking locks, or counting or spelling
- ___ ___ 40. Needing to have things done a certain way or else you become very upset
- ___ ___ 41. Others complaining that you do the same thing over and over to an excessive degree (such as cleaning or checking)
- ___ ___ 42. Experiencing recurrent and upsetting thoughts of a past traumatic event (molestation, accident, fire, etc.), please list _____
- ___ ___ 43. Experiencing recurrent distressing dreams of a past upsetting event
- ___ ___ 44. Having a sense of reliving a past upsetting event
- ___ ___ 45. Having a sense of panic or fear of events that resemble an upsetting past event
- ___ ___ 46. Spending effort avoiding thoughts or feelings associated with a past trauma
- ___ ___ 47. Regularly avoiding activities/situations which cause remembrance of an upsetting event
- ___ ___ 48. Being unable to recall an important aspect of a past upsetting event
- ___ ___ 49. Having a marked decreased interest in important activities
- ___ ___ 50. Feeling detached or distant from others
- ___ ___ 51. Feeling numb or restricted in your feelings
- ___ ___ 52. Feeling that your future is shortened
- ___ ___ 53. Being quick to startle
- ___ ___ 54. Feeling like you're always watching for bad things to happen
- ___ ___ 55. Experiencing a marked physical response to events that remind you of a past upsetting event (e.g., sweating, increased pulse, etc.) when getting in a car if you had been in a car accident
- ___ ___ 56. Being markedly more irritable or experiencing anger outbursts
- ___ ___ 57. Having unrealistic or excessive worry in at least a couple areas of your life
- ___ ___ 58. Trembling, twitching, or feeling shaky
- ___ ___ 59. Experiencing muscle tension, aches, or soreness
- ___ ___ 60. Having feelings of restlessness
- ___ ___ 61. Becoming easily fatigued
- ___ ___ 62. Experiencing shortness of breath or feeling smothered
- ___ ___ 63. Experiencing a pounding or racing heartbeat
- ___ ___ 64. Sweating or having cold, clammy hands
- ___ ___ 65. Experiencing dry mouth
- ___ ___ 66. Experiencing dizziness or lightheadedness
- ___ ___ 67. Having nausea, diarrhea or other abdominal distress
- ___ ___ 68. Having hot or cold flashes
- ___ ___ 69. Having to urinate frequently
- ___ ___ 70. Having trouble swallowing or feeling a "lump in your throat"
- ___ ___ 71. Feeling keyed up or on edge

72. Being quick to startle or feeling jumpy
 73. Finding it difficult to concentrate, or having your "mind go blank"
 74. Having trouble falling or staying asleep
 75. Experiencing irritability
 76. Having trouble sustaining attention or being easily distracted
 77. Experiencing difficulty completing projects
 78. Feeling overwhelmed by the tasks of everyday living
 79. Having trouble maintaining an organized work or living area
 80. Being inconsistent in work performance
 81. Lacking in attention to detail
 82. Making decisions impulsively
 83. Having difficulty delaying what you want, having to have your needs met immediately
 84. Feeling restless and/or fidgety
 85. Making comments to others without considering their impact
 86. Being impatient and/or easily frustrated
 87. Experiencing frequent traffic violations or near accidents
 88. Refusing to maintain body weight above a level that most people consider healthy
 89. Intensely fearing gaining weight or becoming fat even though underweight
 90. Having feelings of being fat, even though you're underweight
 91. Experiencing recurrent episodes of binge eating large amounts of food
 92. Feeling of lack of control over eating behavior
 93. Engaging in regular activities to purge binges, such as self-induced vomiting, laxatives, diuretics, strict dieting, or strenuous exercise
 94. Being over-concerned with body shape and/or weight
 95a. Experiencing involuntary physical movements and/or motor tics (such as eye blinking, shoulder shrugging, head jerking or picking). How long have tics been present? _____ How often? _____
Please describe _____
 95b. Experiencing involuntary vocal sounds or verbal tics (such as coughing, puffing, blowing, whistling, or swearing). How long have tics been present? _____ How often? _____
Please describe: _____
 96. Having delusional or bizarre thoughts (thoughts you know others would think are false)
 97. Seeing objects, shadows or movements that are not real
 98. Hearing voices or sounds that are not real
 99. Experiencing periods of time where your thoughts or speech were disjointed or didn't make sense to you or others
 100. Feeling socially isolated or withdrawn
 101. Having a severely impaired ability to function at home or at work
 102. Behaving peculiarly
 103. Lacking personal hygiene or grooming
 104. Being in an inappropriate mood for a given situation (e.g., laughing at sad events)
 105. Having a marked lack of initiative
 106. Having frequent feelings that someone or something is out to hurt you or discredit you
 107. Snoring loudly (or others complaining about your snoring)
 108. Others saying that you stop breathing when you sleep
 109. Feeling fatigued or tired during the day
 110. Often feeling cold when others feel fine or they are warm

- _____ 111. Often feeling warm when others feel fine or they are cold
- _____ 112. Having problems with brittle or dry hair
- _____ 113. Having problems with dry skin
- _____ 114. Having problems with sweating
- _____ 115. Having problems with chronic anxiety or tension
- _____ 116. Having impairment in communication as manifested by at least one of the following (please circle all that apply):
 - A delay in or total lack of the development of spoken language (not accompanied by an attempt to compensate);
 - In individuals with adequate speech, having a marked impairment in the ability to initiate or sustain a conversation with others;
 - The repetitive use of language, or the use of odd language;
 - A lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level.
- _____ 117. Having an impairment in social interaction, with at least two of the following (please circle all that apply):
 - A marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction;
 - A failure to develop peer relationships appropriate to developmental level;
 - A lack of spontaneously seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest);
 - A lack of social or emotional reciprocity.
- _____ 118. Having repetitive patterns of behavior, interests, and activities, as manifested by at least one of the following (please circle all that apply):
 - A preoccupation with an area that is abnormal either in intensity or focus;
 - A rigid adherence to specific, nonfunctional routines or rituals;
 - Repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements);
 - A persistent preoccupation with parts of objects.

Amen Brain System Checklist

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well. List other _____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Other Self

- ___ ___ 1. Failing to give close attention to details or making careless mistakes
- ___ ___ 2. Having trouble sustaining attention in routine situations (e.g., homework, chores, paperwork)
- ___ ___ 3. Having trouble listening
- ___ ___ 4. Failing to finish things
- ___ ___ 5. Having poor organization for time or space (such as a backpack, room, desk, paperwork)
- ___ ___ 6. Avoiding, disliking, or being reluctant to engage in tasks that require sustained mental effort
- ___ ___ 7. Losing things
- ___ ___ 8. Being easily distracted
- ___ ___ 9. Being forgetful
- ___ ___ 10. Having poor planning skills
- ___ ___ 11. Lacking clear goals or forward thinking
- ___ ___ 12. Having difficulty expressing feelings
- ___ ___ 13. Having difficulty expressing empathy for others
- ___ ___ 14. Experiencing excessive daydreaming
- ___ ___ 15. Feeling bored
- ___ ___ 16. Feeling apathetic or unmotivated
- ___ ___ 17. Feeling tired, sluggish or slow moving
- ___ ___ 18. Feeling spacey or "in a fog"
- ___ ___ 19. Feeling fidgety, restless or trouble sitting still
- ___ ___ 20. Having difficulty remaining seated in situations where remaining seated is expected
- ___ ___ 21. Running about or climbing excessively in situations in which it is inappropriate
- ___ ___ 22. Having difficulty playing quietly
- ___ ___ 23. Being always "on the go" or acting as if "driven by a motor"
- ___ ___ 24. Talking excessively
- ___ ___ 25. Blurting out answers before questions have been completed
- ___ ___ 26. Having difficulty waiting for turn
- ___ ___ 27. Interrupting or intruding on others (e.g., butting into conversations or games)
- ___ ___ 28. Behaving impulsively (saying or doing things without thinking first)
- ___ ___ 29. Worrying excessively or senselessly
- ___ ___ 30. Getting upset when things do not go your way
- ___ ___ 31. Getting upset when things are out of place
- ___ ___ 32. Tending to be oppositional or argumentative
- ___ ___ 33. Tending to have repetitive negative thoughts
- ___ ___ 34. Tending toward compulsive behaviors (i.e., things you feel you *must* do)
- ___ ___ 35. Intensely disliking change
- ___ ___ 36. Tending to hold grudges
- ___ ___ 37. Having trouble shifting attention from subject to subject
- ___ ___ 38. Having trouble shifting behavior from task to task
- ___ ___ 39. Having difficulties seeing options in situations
- ___ ___ 40. Tending to hold on to own opinion and not listen to others

- ___ ___ 41. Tending to get locked into a course of action, whether or not it is good
- ___ ___ 42. Needing to have things done a certain way or else becoming very upset
- ___ ___ 43. Others complaining that you worry too much
- ___ ___ 44. Tending to say no without first thinking about the question
- ___ ___ 45. Tending to predict fear
- ___ ___ 46. Experiencing frequent feelings of sadness
- ___ ___ 47. Having feelings of moodiness
- ___ ___ 48. Having feelings of negativity
- ___ ___ 49. Having low energy
- ___ ___ 50. Being irritable
- ___ ___ 51. Having a decreased interest in other people
- ___ ___ 52. Having a decreased interest in things that are usually fun or pleasurable
- ___ ___ 53. Having feelings of hopelessness about the future
- ___ ___ 54. Having feelings of helplessness or powerlessness
- ___ ___ 55. Feeling dissatisfied or bored
- ___ ___ 56. Feeling excessive guilt
- ___ ___ 57. Having suicidal feelings
- ___ ___ 58. Having crying spells
- ___ ___ 59. Having lowered interest in things that are usually considered fun
- ___ ___ 60. Experiencing sleep changes (too much or too little)
- ___ ___ 61. Experiencing appetite changes (too much or too little)
- ___ ___ 62. Having chronic low self-esteem
- ___ ___ 63. Having a negative sensitivity to smells/odors
- ___ ___ 64. Frequently feeling nervous or anxious
- ___ ___ 65. Experiencing panic attacks
- ___ ___ 66. Symptoms of heightened muscle tension (such as headaches, sore muscles, hand tremors, etc.)
- ___ ___ 67. Experiencing periods of a pounding heart, a rapid heart rate, or chest pain
- ___ ___ 68. Experiencing periods of troubled breathing or feeling smothered
- ___ ___ 69. Experiencing periods of dizziness, faintness, or feeling unsteady on your feet
- ___ ___ 70. Feeling nausea or having an upset stomach
- ___ ___ 71. Experiencing periods of sweating, hot flashes, or cold flashes
- ___ ___ 72. Tending to predict the worst
- ___ ___ 73. Having a fear of dying or doing something crazy
- ___ ___ 74. Avoiding places for fear of having an anxiety attack
- ___ ___ 75. Avoiding conflict
- ___ ___ 76. Excessively fearing being judged or scrutinized by others
- ___ ___ 77. Having persistent phobias
- ___ ___ 78. Having low motivation
- ___ ___ 79. Having excessive motivation
- ___ ___ 80. Experiencing tics (either motor or vocal)
- ___ ___ 81. Having poor handwriting
- ___ ___ 82. Being quick to startle
- ___ ___ 83. Having a tendency to freeze in anxiety-provoking situations
- ___ ___ 84. Lacking confidence in own abilities
- ___ ___ 85. Feeling shy or timid
- ___ ___ 86. Being easily embarrassed
- ___ ___ 87. Being sensitive to criticism
- ___ ___ 88. Biting fingernails or picking at skin

- ___ ___ 89. Having a short fuse or experiencing periods of extreme irritability
- ___ ___ 90. Having periods of rage with little provocation
- ___ ___ 91. Often misinterpreting comments as negative when they are not
- ___ ___ 92. Finding that own irritability tends to build, then explodes, then recedes, often being tired after a rage
- ___ ___ 93. Having periods of spaciness and/or confusion
- ___ ___ 94. Experiencing periods of panic and/or fear for no specific reason
- ___ ___ 95. Experiencing visual and/or auditory changes, such as seeing shadows or hearing muffled sounds
- ___ ___ 96. Having frequent periods of *deja vu* (that is, feelings of being somewhere you have never been)
- ___ ___ 97. Being sensitive or mildly paranoid
- ___ ___ 98. Experiencing headaches or abdominal pain of uncertain origin
- ___ ___ 99. Having a history of a head injury or family history of violence or explosiveness
- ___ ___ 100. Having dark thoughts, ones that may involve suicidal or homicidal thoughts
- ___ ___ 101. Experiencing periods of forgetfulness or memory problems

Amen Learning Disability Screening Questionnaire

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person (such as a spouse, partner or parent) rate you as well. List other person _____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Other Self

Reading

- ___ ___ 1. I am a poor reader.
- ___ ___ 2. I do not like reading.
- ___ ___ 3. I make mistakes when reading, such as skipping words or lines.
- ___ ___ 4. I read the same line twice.
- ___ ___ 5. I have problems remembering what I read even though I have read all the words.
- ___ ___ 6. I reverse letters when I read (such as b/d, p/q).
- ___ ___ 7. I switch letters in words when reading (such as god and dog).
- ___ ___ 8. My eyes hurt or water when I read.
- ___ ___ 9. Words tend to blur when I read.
- ___ ___ 10. Words tend to move around the page when I read.
- ___ ___ 11. When reading I have difficulty understanding the main idea or identifying important details.

Writing

- ___ ___ 12. I have “messy “ handwriting.
- ___ ___ 13. My work tends to be messy.
- ___ ___ 14. I prefer to print rather than to write in cursive.
- ___ ___ 15. My letters run into each other or there is no space between words.
- ___ ___ 16. I have trouble staying within lines.
- ___ ___ 17. I have problems with grammar or punctuation.
- ___ ___ 18. I am a poor speller.
- ___ ___ 19. I have trouble copying off the board or from a page in a book.
- ___ ___ 20. I have trouble getting thoughts from my brain to the paper.
- ___ ___ 21. I can tell a story but cannot write it.

Body Awareness/ Spatial Relationships

- ___ ___ 22. I have trouble with knowing my left from my right.
- ___ ___ 23. I have trouble keeping things within columns or coloring within lines.
- ___ ___ 24. I tend to be clumsy, uncoordinated.
- ___ ___ 25. I have difficulty with eye/hand coordination.
- ___ ___ 26. I have difficulty with concepts such as up, down, over, or under.
- ___ ___ 27. I tend to bump into things when walking.

Oral Expressive language

- ___ ___ 28. I have difficulty expressing myself in words.
- ___ ___ 29. I have trouble finding the right word to say in conversations.
- ___ ___ 30. I have trouble talking around a subject or getting to the point in conversations.

Receptive language

- ___ ___ 31. I have trouble keeping up or understanding what is being said in conversations.
- ___ ___ 32. I tend to misunderstand people and give the wrong answers in conversations.
- ___ ___ 33. I have trouble understanding directions people tell me.
- ___ ___ 34. I have trouble telling the direction sound is coming from.
- ___ ___ 35. I have trouble filtering out background noises.

Math

- ___ ___ 36. I am poor at basic math skills for my age (adding, subtracting, multiplying, and dividing)
- ___ ___ 37. I makes “careless mistakes” in math.
- ___ ___ 38. I tend to switch numbers around.
- ___ ___ 39. I have difficulty with word problems.

Sequencing

- ___ ___ 40. I have trouble getting everything in the right order when I speak.
- ___ ___ 41. I have trouble telling time.
- ___ ___ 42. I have trouble using the alphabet in order.
- ___ ___ 43. I have trouble saying the months of the year in order.

Abstraction

- ___ ___ 44. I have trouble understanding jokes people tell me.
- ___ ___ 45. I tend to take things too literally.

Organization

- ___ ___ 46. My notebook/paperwork is messy or disorganized.
- ___ ___ 47. My room is messy.
- ___ ___ 48. I tend to shove everything into my backpack, desk or closet.
- ___ ___ 49. I have multiple piles around my room.
- ___ ___ 50. I have trouble planning my time.
- ___ ___ 51. I am frequently late or in a hurry.
- ___ ___ 52. I often do not write down assignments or tasks and end up forgetting what to do.

Memory

- ___ ___ 53. I have trouble with my memory.
- ___ ___ 54. I remember things from long ago but not recent events.
- ___ ___ 55. It is hard for me to memorize things for school or work.
- ___ ___ 56. I know something one day but do not remember it to the next.
- ___ ___ 57. I forget what I am going to say right in the middle of saying it.
- ___ ___ 58. I have trouble following directions that have more than one or two steps.

Social Skills

- ___ ___ 59. I have few or no friends.
- ___ ___ 60. I have trouble reading the body language or facial expressions of others.
- ___ ___ 61. My feelings are often or easily hurt.
- ___ ___ 62. I tend to get into trouble with friends, teachers, parents, or bosses.
- ___ ___ 63. I feel uncomfortable around people whom I do not know well.
- ___ ___ 64. I am teased by others.
- ___ ___ 65. Friends do not call and ask me to do things with them.
- ___ ___ 66. I do not get together with others outside of school or work.

Scotopic Sensitivity

- ___ ___ 67. I am light sensitive. Bothered by glare, sunlight, headlights or streetlights.
- ___ ___ 68. I become tired and/or experience headaches, mood changes, feel restless, or have an inability to stay focused with bright or fluorescent lights.
- ___ ___ 69. I have trouble reading words that are on white, glossy paper.
- ___ ___ 70. When reading, words or letters shift, shake, blur, move, run together, disappear, or become difficult to perceive.
- ___ ___ 71. I feel tense, tired, sleepy, or even get headaches with reading.
- ___ ___ 72. I have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving.

Sensory Integration Issues

- ___ ___ 73. I seem to be more sensitive to the environment than are other people.
- ___ ___ 74. I am more sensitive to noise than are other people.
- ___ ___ 75. I am particularly sensitive to touch or very sensitive to certain clothing or tags on the clothing.
- ___ ___ 76. I have an unusual sensitivity to certain smells.
- ___ ___ 77. I have an unusual sensitivity to light.
- ___ ___ 78. I am sensitive to movement or crave spinning activities.
- ___ ___ 79. I tend to be clumsy or accident-prone.

Beck Inventory

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling **THE PAST WEEKS, INCLUDING TODAY!!** Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice.

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. 0 I do not feel sad
 1 I feel sad
 2 I am sad all the time and I can't snap out of it
 3 I am so sad or unhappy that I can't stand it</p> | <p>12. 0 I have not lost interest in other people
 1 I am less interested in other people than I used to be
 2 I have lost most of my interest in other people
 3 I have lost all of my interest in other people</p> |
| <p>2. 0 I am not particularly discouraged about the future
 1 I feel discouraged about the future
 2 I feel I have nothing to look forward to
 3 I feel the future is hopeless and things cannot improve</p> | <p>13. 0 I make decisions as well as I ever could
 1 I put off making decisions more than I used to
 2 I have greater difficulty making decisions than before
 3 I can't make decisions at all anymore</p> |
| <p>3. 0 I do not feel like a failure
 1 I feel I have failed more than the average person has
 2 As I look back on my life, all I can see is a lot of failures
 3 I feel I am a complete failure as a person</p> | <p>14. 0 I don't feel I look any worse than I used to
 1 I am worried that I am looking old or unattractive
 2 I feel that there are permanent changes in my appearance that make me look unattractive
 3 I believe I look ugly all day</p> |
| <p>4. 0 I get as much satisfaction out of things as I used to
 1 I don't enjoy things the way I used to
 2 I don't get satisfaction out of things anymore
 3 I am dissatisfied or bored with everything</p> | <p>15. 0 I can work as well as before
 1 It takes me extra effort to get started doing something
 2 I have to push myself very hard to do anything
 3 I can't do any work at all</p> |
| <p>5. 0 I don't feel particularly guilty
 1 I feel guilty a good part of the time
 2 I feel quite guilty most of the time
 3 I feel guilty all of the time</p> | <p>16. 0 I can sleep as well as usual
 1 I get tired more easily than I used to
 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep
 3 I wake up several hours earlier than I used and cannot get back to sleep</p> |
| <p>6. 0 I don't feel I am being punished
 1 I feel I may be punished
 2 I expect to be punished
 3 I feel I am being punished</p> | <p>17. 0 I don't get more tired than usual
 1 I get tired more easily than I used to
 2 I get tired from doing almost anything
 3 I am too tired to do anything</p> |
| <p>7. 0 I don't feel disappointed in myself
 1 I am disappointed in myself
 2 I am disgusted with myself
 3 I hate myself</p> | <p>18. 0 My appetite is no worse than usual
 1 My appetite is not as good as it used to be
 2 My appetite is much worse now
 3 I have no appetite at all anymore</p> |
| <p>8. 0 I don't feel I am any worse than anybody else is
 1 I am critical of myself for my weakness or mistakes
 2 I blame myself all the time for my faults
 3 I blame myself for everything bad that happens</p> | <p>19. 0 I haven't lost much weight if any, lately
 1 I have lost more than 5 pounds
 2 I have lost more than 10 pounds
 3 I have lost more than 15 pounds
 I am purposely trying to lose weight</p> |
| <p>9. 0 I don't have any thoughts of killing myself
 1 I have thoughts of killing myself, but I would not carry them out
 2 I would like to kill myself
 3 I would kill myself if I had the chance</p> | <p>20. 0 I am no more worried about my health than usual
 1 I am worried about physical problems such as aches and pains, upset stomach or constipation
 2 I am very worried about physical problems and it's hard to think of much else
 3 I am so worried about my physical problem that I cannot think about anything else</p> |
| <p>10. 0 I don't cry any more than usual
 1 I cry more now than in the past
 2 I cry all the time now
 3 I used to be able to cry, but now I can't cry even though I want to</p> | <p>21. 0 I haven't noticed recent changes in my interest in sex
 1 I am less interested in sex than I used to be
 2 I am much less interested in sex now
 3 I have lost interest in sex completely</p> |
| <p>11. 0 I am no more irritated now than I ever was
 1 I get annoyed or irritated more easily than in the past
 2 I feel irritated all the time now
 3 I don't get irritated at all by the things that used to irritate me</p> | |