

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	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:



Causes little or no difficulty



Limits usual activities OR causes moderate difficulty



Prevents usual activities OR causes severe difficulty

PLEASE RATE YOUR LIFE IN THE PAST 7 DAYS

Vigorous Physical Exercise 1	Mobility 2	Pain or Discomfort 3
How would you rate your physical exercise?	How would you rate your ability to walk about?	How would you rate your pain or discomfort?
0 A lot (3 hours / week of vigorous exercise)	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Some (1 hours / week of vigorous exercise)	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Little (less than 1 hour / week of vigorous exercise)	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Energy 4	Sleep 5	Appetite or Eating 6
How would you rate your energy or fatigue?	How would you rate your sleep?	How would you rate your appetite or eating?
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Sex 7	Vision or Hearing 8	Overall Physical Health 9
How would you rate your sexual functioning?	How would you rate your vision or hearing?	How would you rate your overall physical health?
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

(Please leave the subtotal boxes empty)

Items 1-9 Subtotal:

Family 10	Friends 11	Love Life 12
How would you rate your functioning with your family?	How would you rate your functioning with your friends, and the number of friends you have?	How would you rate your functioning with your romantic or sexual partner?
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Stress 13	School 14	Job 15
How would you rate your stress level?	(If a student) How is your functioning at school?	(If employed 10 hours/week or more) How is your functioning at work?
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Housekeeping 16	Financial Situation 17	Residence 18
How would you rate your housekeeping?	How would you rate your financial situation?	How would you rate the place where you live?
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Items 5-18 Subtotal:

Reckless Risk Taking 19	Disrespect For The Law 20	Physical Violence 21
Reckless engagement in dangerous and potentially self-damaging activities	Disrespect for normal law-abiding behavior	Physical violence towards others (e.g., physical assault or property damage)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Items 19-21 Subtotal:

Smoking 22	Alcohol Abuse 23	Drug or Medication Abuse 24
Nicotine use (e.g., cigarettes, cigars, pipes)	Alcohol use causing harm to self or others	Drug use causing harm to self or others
0 None <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Some (but not chain smoking)	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 A lot (chain smoking)	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Items 22-24 Subtotal:

Agoraphobia 25	Specific Phobia 26	Panic Attacks 27
Avoiding multiple feared situations (bridges, shops, crowds) which cause panic-like symptoms	Unreasonable fear or panic DUE TO a specific situation (e.g., flying, heights, public speaking)	Sudden, brief attacks of intense, unreasonable fear or panic NOT DUE TO a specific situation
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Obsessions or Compulsions 28	Depressed Mood 29	Anxiety 30
Unwanted obsessive thoughts or compulsive rituals DUE TO unreasonable fear or panic	Feelings of being down, miserable, and / or hopeless	Nervousness, tenseness, worrying about the past or future, fearful about uncertainty
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty
Items 25-28 Subtotal: <input type="text"/>		

Anger 31	Guilt or Shame 32	Self-Harm 33
Irritability; responding angrily to minor slights or insults	Feelings of guilt or shame	Suicidal thoughts OR risk of harming self by self-injury or severe self-neglect
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Moderate difficulty (but suicide is not imminent)
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Severe difficulty (suicide is imminent)
		Items 29-33 Subtotal: <input type="text"/>

Elated Mood 34	Over-Talkative or Racing Speech 35	Hyperactivity 36
Feeling so happy or excited that it causes problems	Overly talkative or speech races from topic to topic	Excessive movement (e.g., can't sit still; excessive pacing or hand-wringing)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty
Items 34-35 Subtotal: <input type="text"/>		Item 36: <input type="text"/>

Perceptual Dysregulation 37	Unusual Beliefs and Experiences 38	Eccentricity 39
Odd or unusual thought processes and experiences; e.g., depersonalization, derealization	Firmly held bizarre false beliefs or unreal perceptions; imaginary voices, visions, or smells	Odd, unusual, or bizarre behavior, appearance and / or speech; strange and unpredictable thoughts
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty
		Items 37-39 Subtotal: <input type="text"/>

Distractibility 40	Anhedonia 41	Forgetfulness 42
Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli	Inability to enjoy or take interest in things; lack of energy for life's experiences	Difficulty learning new things; forgetting to take medications; forgetting to pay the bills
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Impaired Reasoning 43	Communication 44	Restricted Repetitive Behaviors 45
Impaired judgment, problem-solving ability, or ability to understand; illogical or incoherent	Poor listener or misunderstands others' communication; poor, little or no communication	Repetitive movements of objects; interest fixated on a few things; inflexible adherence to routines
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Self-Care 46	Psychomotor Slowing 47	Confusion 48
Difficulty with bathing, dressing self, or using the toilet	Thinking, speaking, or moving so slowly that it was noticeable to others	Gets lost near home, doesn't know the year, or not awake enough to drive a car etc.
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty
		Items 40-48 Subtotal: <input type="text"/>

Institutional Care 49	Insight and Self-Awareness 50	Usual Activities 51
Is in residential care (e.g., nursing home, group home, institution) or hospital	Lacking understanding of (and willingness to change) one's own personal problems	Usual activities (e.g., functioning at school, work, home, or with others; shopping; traveling; play)
0 Is not in residential or hospital care	0 Causes little or no difficulty	0 Little or no difficulty doing usual activities
3 Is in (non-hospital) residential care	3 Limits usual activities OR partially refuses help	3 Usual activities are limited OR moderately difficult
6 Is in hospital OR was recently discharged	6 Prevents usual activities OR refuses all help	6 Usual activities are prevented OR severely difficult

Lack of Confidence or Courage 52	Pessimism 53	Loneliness 54
Having poor self-esteem or poor self-confidence; lacking courage to face one's fears	Having a negative outlook on life; expecting the worst outcome	Feels lonely with few friends to turn to in times of need; spends little time talking to loved ones
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Separation Anxiety 55	Submissiveness 56	Difficulty Handling Conflict 57
Fearing embarrassment, rejection, or being temporarily separated from loved ones	Humble obedience and unassertiveness; frequently needing advice and reassurance	Difficulty handling conflict with others
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Intimacy Avoidance 58	Social Withdrawal 59	Restricted Emotions 60
Avoidance of close relationships, romantic relationships, or intimate sexual relationships	Preference for being alone to being with others; avoidance of social contacts and activities	Little reaction to emotionally arousing situations; constricted emotional experience and expression
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Rigid Perfectionism 61	Over-working 62	Psychological Rigidity 63
Insistence on everything being flawless; holding self and others to unrealistically high standards	Spending excessive time working (not required by economic necessity); problems delegating	Insistence on an unchanging routine; excessive orderliness; refusal to take reasonable risks
0 Causes little or no difficulty	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Attention-Seeking 64	Promiscuity 65	Impulsivity or Poor Self-Control 66
Trying to attract notice and to make oneself the focus of others attention and admiration	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 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Emotional Instability 67	Lack of Goals or Persistence 68	Social Instability 69
Emotions are easily aroused, intense and / or out of proportion to events and circumstances	Lacks realistic long-term goals or accomplishments; gives up too easily	Unstable and stormy social life; frequently going from one social crisis to another
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Suspiciousness 70	Bearing Grudges 71	Envy or Jealousy 72
Suspecting, without sufficient basis, that others are exploiting, harming, or deceiving him / her	Blaming others; not forgiving someone's mistake; seeking revenge	Being envious of people or jealous that they have something you more rightfully deserve
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Grandiosity 73	Manipulativeness 74	Callousness 75
Greatly inflated idea of one's abilities and self-worth; arrogance; a false sense of superiority	Use of seduction, charm, glibness, or ingratiation to achieve one's ends; unfairly controlling others	Lacking guilt or remorse about causing others harm; being indifferent to the suffering of others
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Aggression 76	Irresponsibility 77	Deceitfulness 78
Violating the rights of others; humiliating, intimidating or hurting others	Being unreliable, careless; refusing to accept blame; ignoring correction; not making amends	Lying, stealing, or cheating others; dishonesty and fraudulence
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Confidence + Courage 52	Optimism 53	Social Support 54
Having good self-esteem and self-confidence; having courage to face one's fears	Having a positive outlook on life; expecting a good outcome; hopeful	Feels supported with many friends to turn to in times of need; often talks to loved ones
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Independence 55	Assertiveness + Leadership 56	Conflict Resolution 57
Not fearing embarrassment, rejection, or being temporarily separated from significant others	Being confident to think and express one's ideas and opinions; effectively influencing others	Skillfully preventing (or handling) conflict within a group or family
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Intimacy 58	Gregariousness 59	Demonstrativeness 60
Wanting close relationships and intimate sexual relationships	Enjoying being with people; keeping in contact with friends and social activities	Expressing one's feelings easily, openly or unreservedly (especially love or affection)
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Moderation 61	Good Life-Work Balance 62	Psychological Flexibility 63
Setting realistic goals; accepting "good enough" rather than demanding perfection	If working, setting aside sufficient time for one's social life and recreation	Willingness to try new things; ability to tolerate normal disorder; taking reasonable risks
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Genuineness 64	Chastity 65	Caution and Self-Control 66
Being genuine (not overly dramatic or attention-seeking)	Avoiding casual sex ("one night stands") or having an intense desire for illicit sex	Thinking carefully before acting or speaking; having good self-discipline and self-control
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Emotional Stability + Resilience 67	Goal Persistence + Attainment 68	Social Stability 69
Having a calm, stable and predictable mood; quickly recovering from setbacks or stress	Having realistic long-term goals and plans; persisting despite adversity to reach these goals	Having a stable and peaceful social life
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Trust 70	Forgiveness 71	Lack of Envy or Jealousy 72
Understanding how much to trust others; basing trust on the trustworthiness of others	Forgiving other peoples' honest mistakes; not bearing grudges or seeking revenge	Not being envious of people or jealous that they have something you more rightfully deserve
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Humility 73	Cooperation & Generosity 74	Love 75
Being humble (not arrogant, boastful or excessively proud)	Cooperating with others and doing a fair share of the work; unselfishly helping others	Caring about how others feel; showing gratefulness, kindness, compassion, or empathy
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty

Respect 76	Responsibility 77	Honesty 78
Respecting others and treating them with dignity; making others feel appreciated	Being reliable and careful; being able to accept blame, heed correction and make amends	Not lying, stealing, cheating, or otherwise deceiving others
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty	1 Lack limits usual activities / causes moderate difficulty
2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty	2 Lack prevents usual activities / causes severe difficulty