

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

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

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

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

Reckless Risk Taking 19	Disrespect For The Law 20	Physical Violence 21
Doing recklessly dangerous activities	Showing disrespect for normal law-abiding behavior	Being physically violent 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

Smoking 22	Alcohol Abuse 23	Drug or Medication Abuse 24
Using nicotine (e.g. cigarettes, cigars, pipes)	Harming self or others by using alcohol	Harming self or others by using drugs/medication
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

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

Agoraphobia 25	Specific Phobia 26	Panic Attacks 27
Having marked fear and avoidance of multiple situations (e.g. leaving home or travelling alone)	Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking)	Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation
0 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
Having unwanted, disturbing obsessive thoughts or compulsive rituals due to unreasonable fear	Having feelings of sadness, gloom, or despondency	Having intense worry, nervousness, or unease caused by fear of danger or misfortune
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
Anger 31	Guilt or Shame 32	Self-Harm 33
Feeling strong annoyance or displeasure; being irritable	Having frequent, persistent, or intense feelings of guilt or shame	Having thoughts of suicide or self-injury, OR showing 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)
Elated Mood 34	Over-Talkativeness 35	Hyperactivity 36
Feeling great happiness or exhilaration	Being overly talkative or having one's speech race from topic to topic	Being abnormally or extremely active (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
Perceptual Dysregulation 37	Unusual Beliefs / Experiences 38	Eccentricity 39
Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling	Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing "voices"	Having unconventional and slightly strange views or behavior
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
Distractibility 40	Loss of Interest or Pleasure 41	Forgetfulness 42
Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli	Having diminished interest or pleasure in almost all activities	Having a poor memory; failing to remember (e.g. paying bills, appointments, yesterday's activities)
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	Impaired Communication 44	Restricted Repetitive Behaviors 45
Lacking good judgment; impaired ability to solve problems by thinking in a logical, sensible way	Refraining from speech; (in more severe cases) loss of the ability to understand or express speech	Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness
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
Impaired Self-Care 46	Psychomotor Slowing 47	Confusion 48
Having difficulty with bathing, dressing self, or using the toilet	Thinking, speaking, or moving so slowly that it was noticeable to others	Getting lost near home, not knowing "person, place or time", too confused to drive a car
0 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
Institutional Care 49	Lack of Insight 50	Usual Activities 51
Being in residential care (e.g. nursing or group home, institution or hospital)	Lacking understanding of (and willingness to change) one's own personal problems	Usual activities (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

Low Self-Esteem 52	Pessimism 53	Loneliness 54
Having feelings of low self-worth or low self-confidence	Seeing the worst aspect of things or believing that the worst will happen	Feeling sad from being alone
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
Having anxiety provoked by threats of separation or rejection from significant others	Willing to give in to others; frequently needing advice and reassurance	Difficulty handling disagreement; failing to firmly set or defend fair moral boundaries
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
Avoiding close relationships, romantic relationships, or intimate sexual relationships	Avoiding social contacts and activities	Having a flat or 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	Overconscientiousness 63
Insisting on everything being flawless; holding self and others to unrealistically high standards	Working to excess (not required by economic necessity)	Being overly scrupulous and inflexible about ethics, or overly preoccupied with details or rules
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 66
Trying to attract notice and to make oneself the focus of others' attention and admiration	Having many transient sexual relationships or having an intense desire for illicit sex	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 Long-Term Goals 68	Social Instability 69
Lacking emotional control and stability under stress; having over-reactive, intense emotions	Lacking sustained effort to achieve long-term goals; lacking meaning and purpose to one's life	Having an unstable and stormy social life
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	Jealousy 72
Having excessive suspicion of the motives of others	Having persistent resentment; not forgiving an insult or injury; seeking revenge	Being resentful or envious of someone's achievements or advantages
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

Arrogance 73	Greedy Manipulation 74	Callousness 75
Showing an offensive display of superiority, self-importance, or overbearing pride	Unfairly exploiting or controlling others to satisfy one's desire for unneeded excess	Lacking guilt 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
Being disrespectful or physically cruel, or bullying, threatening, or intimidating others	Being unreliable, careless; refusing to accept blame; ignoring correction; not making amends	Lying, stealing, or cheating others; dishonesty; fraud (wrongful and criminal deception)
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 52	Optimism 53	Social Support 54
Believing in one's own abilities; showing self-assurance, bravery, or courage	Having a positive outlook on life; expecting a good outcome; being hopeful	Having sympathetic and helpful family or friends
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 56	Conflict Resolution 57
Not fearing embarrassment, rejection, or separation from significant others	Confidently expressing one's opinion; not being submissive	Skillfully handling disagreement; firmly setting and enforcing fair moral boundaries
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	Wanting to be in the company of others; wanting social contact	Showing one's feelings openly, especially 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

Realistic Expectations 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	Being adaptable and open-minded; not being preoccupied with details or rules
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 66
Being sincere and free from pretense; not attention seeking or theatrical	Avoiding transient sexual relationships; lacking an intense desire for illicit sex	Thinking carefully before acting or speaking; taking care to avoid mistakes or danger
0 Little or no difficulty	0 Little or no difficulty	0 Little or no difficulty
1 Lack 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 67	Long-Term Goals 68	Social Stability 69
Being calm under stress; having good emotional control and stability	Showing sustained effort to achieve long-term goals; having meaning and purpose to one's life	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	Empathy 72
Feeling that it is safe to act without being unfairly embarrassed, cheated, or punished by others	Forgiving other people's honest mistakes; not bearing grudges or seeking revenge	Understanding & sharing of the emotions and experiences of 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

Humility 73	Generosity 74	Love 75
Having a modest estimate of one's own importance; not being arrogant	Unselfishly giving or sharing	Affection for others; showing gratefulness, caring, kindness, and compassion
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