

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:



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
Physical exercise	Walking or climbing stairs	Pain or physical discomfort
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Some (60-150 minutes / week of vigorous exercise)	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Little (less than 60 minutes / 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
Fatigue or excessive energy	Under or over sleeping	Under or over 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
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
Functioning with your family	Functioning with friends (or lacking friends)	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
Current stress level	Functioning at school	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
Housekeeping (cooking, cleaning, laundry etc.)	Financial situation and money management	Residence and neighborhood
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 Use 23	Drug or Medication Use 24
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 More than 3 drinks a day 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 Having marked fear and avoidance of multiple situations (e.g. leaving home or travelling alone) 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Specific Phobia 26 Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking) 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Panic Attacks 27 Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty
Obsessions or Compulsions 28 Having unwanted, disturbing obsessive thoughts or compulsive rituals due to unreasonable fear 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Depressed Mood 29 Having feelings of sadness, gloom, or despondency 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Anxiety 30 Having intense worry, nervousness, or unease caused by fear of danger or misfortune 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty
Anger 31 Feeling strong annoyance or displeasure; being irritable 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Guilt or Shame 32 Having frequent, persistent, or intense feelings of guilt or shame 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Self-Harm 33 Having thoughts of suicide or self-injury, OR showing severe self-neglect 0 Causes little or no difficulty 3 Moderate difficulty (but suicide is not imminent) 6 Severe difficulty (suicide is imminent)
Elated Mood 34 Feeling great happiness or exhilaration 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Over-Talkativeness 35 Being overly talkative or having one's speech race from topic to topic 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Hyperactivity 36 Being abnormally or extremely active (e.g. can't sit still; excessive pacing or hand-wringing) 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty
Perceptual Dysregulation 37 Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Unusual Beliefs or Experiences 38 Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing "voices" 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Disorganized Speech or Behavior 39 Speech is frequently derailed or incoherent; OR grossly disorganized or catatonic behavior 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty
Distractibility 40 Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Loss of Interest or Pleasure 41 Having diminished interest or pleasure in almost all activities 0 Causes little or no difficulty 1 Limits usual activities OR causes moderate difficulty 2 Prevents usual activities OR causes severe difficulty	Forgetfulness 42 Having a poor memory; failing to remember (e.g. paying bills, appointments, yesterday's activities) 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty
Impaired Reasoning 43 Lacking good judgment; impaired ability to solve problems by thinking in a logical, sensible way 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Impaired Communication 44 Refraining from speech; (in more severe cases) loss of the ability to understand or express speech 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Restricted Repetitive Behaviors 45 Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty
Impaired Self-Care 46 Having difficulty with bathing, dressing self, or using the toilet 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Psychomotor Slowing 47 Thinking, speaking, or moving so slowly that it was noticeable to others 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty	Confusion 48 Getting lost near home, not knowing "person, place or time", too confused to drive a car 0 Causes little or no difficulty 3 Limits usual activities OR causes moderate difficulty 6 Prevents usual activities OR causes severe difficulty
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 (non-hospital) 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 Causes little or no difficulty 3 Limits usual activities OR partially refuses help 6 Prevents usual activities OR refuses all help	Usual Activities 51 Usual activities (e.g. functioning at school, work, home, or with others; shopping; traveling; play) 0 Little or no difficulty doing usual activities 3 Usual activities are limited OR moderately difficult 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
Finding it very difficult to handle 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 meaning and purpose to one's life; feeling empty and aimless	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	Feeling Victimized 72
Having excessive suspicion of 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 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, confrontational, or cruel; 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 that can be counted on in times of trouble
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
Having free choice and control over one's life; not fearing embarrassment, rejection, or separation	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 Seeking 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	Gratitude 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	Being thankful or appreciative for the kindness or benefits received
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 polite	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