

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	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	Disorganized Speech or Behavior	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"		Speech is frequently derailed or incoherent; OR grossly disorganized or catatonic 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	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
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 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

(1) AGREEABLENESS**[Healthy] Agreeableness**

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

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

[Unhealthy] Antagonism

Description: *Antagonism* is synonymous with competition and aggression. Antagonistic people are self-interested, and do not see others positively.

Items: Suspiciousness, bearing grudges, jealousy, arrogance, greedy manipulation, callousness, aggression, irresponsibility, deceitfulness, reckless risk taking, disrespect for the law, physical violence.

(2) CONSCIENTIOUSNESS**[Healthy] Conscientiousness**

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

Items: Responsibility, caution. (In the extreme: rigid perfectionism, over-working, overconscientiousness.)

[Unhealthy] Disinhibition

Description: *Disinhibition* is synonymous with being distractible, impulsive and disorganized.

Items: Irresponsibility, impulsivity, reckless risk taking, distractibility, hyperactivity, over-talkativeness, elated mood, (addiction to: smoking, alcohol use, drug or medication use).

(3) OPENNESS / INTELLECT**Open-Minded or Healthy Intellect**

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

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

Closed-Minded or Decreased Intellect

Description: *Low Openness/Intellect* (or "Closed To Experience") is synonymous with being closed-minded and uncreative. Low Openness/Intellect is associated with narrow-mindedness, unimaginativeness and ignorance.

Items: Lack of insight, forgetfulness, impaired reasoning, impaired communication, restricted repetitive behaviors,

impaired self-care, psychomotor slowing, confusion, perceptual dysregulation, unusual beliefs and experiences, disorganized speech or behavior.

(4) SOCIABILITY

[Healthy] Sociability / Extraversion

Description: *Sociability (Extraversion)* is synonymous with being [enthusiastic and assertive](#). Assertiveness encompasses traits relating to leadership, dominance, and drive. Enthusiasm encompasses both sociability and the tendency to experience and express positive emotion. Extraverts tend to engage in social interaction; they are enthusiastic, risk-taking, talkative and assertive. The *Extraversion* dimension measures the behaviors that are central to the concept of **SOCIABILITY** - seeking and enjoying companionship. (This dimension appears to measure the behaviors that differentiate *approach* from *avoidance*.)

items: Gregariousness, intimacy seeking, demonstrativeness. (In the extreme: attention seeking, promiscuity.)

[Unhealthy] Detachment / Introversion

Description: *Detachment* is synonymous with being reserved and quiet.

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

(5) EMOTIONAL STABILITY

[Healthy] Emotional Stability

Description: *Emotional Stability* is synonymous with being calm and emotionally stable. The *Emotional Stability* dimension measures the behaviors that are central to the concept of **COURAGE** - having calm composure and endurance when confronting adversity. (This dimension appears to measure the behaviors that differentiate *safety* from *danger*.)

items: Confidence, optimism, social support, independence, assertiveness, conflict resolution, emotional stability, long-term goals, social stability,

[Unhealthy] Negative Emotion

Description: Degree to which people experience persistent anxiety or depression and are easily upset. (This could be thought of as high threat sensitivity or low stress tolerance.)

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

(6) PHYSICAL HEALTH

Physically Healthy

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

Physically Unhealthy

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