

SURNAME:		GIVEN NAME:		DATE: MM DD YY		
SEX: <input type="checkbox"/> Male <input type="checkbox"/> Never Married <input type="checkbox"/> Married <input type="checkbox"/> Female <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		

PLEASE RATE YOUR LIFE IN THE PAST 7 DAYS

<i>How is your physical health?</i>		
Vigorous Physical Exercise 1	Physical Mobility 2	Pain or Discomfort 3
Sweaty vigorous exercise (e.g., running, biking, tennis, hiking, or swimming)	E.g., walking, climbing stairs, standing, lifting, carrying and holding	Physical pain or discomfort
0 A lot (3 hrs. / wk. of vigorous exercise)	0 No or little difficulty	0 No or little difficulty
1 Some (1 hr. / wk. of vigorous exercise)	1 Much difficulty	1 Much difficulty
2 Little (less than 1 hr./wk. of vigorous exercise)	2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

Fatigue 4	Sleeping Problem 5	Appetite or Eating Problem 6
Feeling tired or having little energy	Sleeping much more or less than usual	Eating much more or less than usual
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

Sexual Problems 7	Seeing or Hearing Problems 8	Overall Physical Health 9
E.g., uninterested in sex; unable to reach normal orgasm; painful sex	E.g., blindness, deafness	Extent to which physical health problems interfere with usual activities
0 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (prevents sex)	2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

<i>Are you happy with the people in your life? (Spouse/romantic partner, family, friends)</i>		
Family Problems 10	Friendship Problems 11	Mistrust 12
Difficulty dealing with family member(s)	Difficulty dealing with friend(s)	Mistrust of people in general
0 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty	0 No or little difficulty
1 Much difficulty (OR has little contact)	1 Much difficulty (OR has few close friends)	1 Much difficulty
2 Severe difficulty (OR has no contact)	2 Severe difficulty (OR has no close friends)	2 Severe difficulty (disabling; prevents normal work)

<i>Do you need help to live independently?</i>	<i>How is school going?</i>	<i>Are you happy with your work?</i>
Problems Living Independently 13	Educational Problems 14	Occupational Problems 15
Inability to live independently without regular (non-financial) assistance from others	E.g., academic problems (when compared to peers); conflict with teachers or classmates	E.g., unemployment; job dissatisfaction; poor job performance; social conflict at work
0 No or little difficulty	0 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty <input type="checkbox"/> OR N/A
1 Much difficulty (OR needs help to live independently)	3 Much difficulty (OR failing school courses)	3 Much difficulty (OR only part-time or volunteer work)
2 Severe difficulty (OR can't live independently)	6 Severe difficulty (OR unable to read, write or do math)	6 Severe difficulty (OR no competitive employment)

<i>How is your housekeeping going?</i>	<i>How are things going financially?</i>	<i>Are you happy with where you live?</i>
Housekeeping Problems 16	Economic Problems 17	Housing Problems 18
E.g., problems cleaning, cooking, doing laundry, grocery shopping	E.g., inadequate finances; over-spending; reliant on others or government for financial assistance	E.g., homelessness; inadequate housing; conflict with neighbors or landlord
0 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty
3 Much difficulty	3 Much difficulty (OR on financial assistance)	1 Much difficulty (OR grossly inadequate housing)
6 Severe difficulty (OR does no housekeeping)	6 Severe difficulty (poverty)	2 Severe difficulty (OR homeless)

<i>What do you do for fun or excitement?</i>	<i>Any problems with the law?</i>	<i>Do you ever get into physical fights?</i>
Reckless Thrill-Seeking 19	Disrespect For The Law 20	Physical Violence 21
Reckless thrill-seeking showing no regard for danger or consequences (e.g., gambling, sports)	Disrespect for normal law-abiding behavior	Physical violence towards others (e.g., physical assault or property damage)
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty (OR sometimes)	3 Much difficulty (OR sometimes)	3 Much difficulty (OR sometimes)
2 Severe difficulty (OR often)	6 Severe difficulty (OR often)	6 Severe difficulty (OR often)

<i>Do you smoke?</i>	<i>Do you ever get drunk?</i>	<i>Do you ever get intoxicated on drugs?</i>
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 No or little difficulty <input type="checkbox"/> OR N/A	0 No or little difficulty <input type="checkbox"/> OR N/A
1 Some (but not chain smoking)	3 Much difficulty	3 Much difficulty (OR ANY illegal drug use)
2 A lot (chain smoking)	6 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (disabling; prevents normal work)

<i>Any problems with fear or panic?</i>		
Agoraphobia 25	Other Phobia 26	Panic Attacks 27
Unable to leave home alone DUE TO unreasonable intense fear or panic	Other unreasonable fear or panic DUE TO a specific situation (e.g., flying, heights)	Sudden, brief attacks of intense, unreasonable fear or panic NOT DUE TO a specific situation
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
3 Much difficulty	1 Much difficulty	1 Much difficulty
6 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

<i>Any obsessions or compulsions?</i>	<i>Any depressed mood?</i>	<i>Any persistent anxiety or worry?</i>
Obsessions or Compulsions 28	Depressed Mood 29	Generalized Anxiety 30
Unwanted obsessive thoughts or compulsive rituals DUE TO unreasonable fear or panic	Frequent, persistent and intense feelings of being down, miserable or hopeless	Frequent, persistent, and intense feelings of generalized nervousness, tenseness or worry
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

<i>Any problem with anger?</i>	<i>Or guilt?</i>	<i>Ever think of harming yourself (or others)?</i>
Anger 31	Guilt or Shame 32	Self-Harm 33
Frequent anger or irritability in response to minor slights; vengeful behavior	Frequent, intense feelings of guilt or shame; or feeling that one is a burden on others	Suicidal thoughts OR risk of harming self by self-injury or severe self-neglect
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	3 Much difficulty (but suicide isn't imminent)
2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (doesn't fear imminent suicide)

<i>Were you ever so happy, excited, or over-talkative that it caused problems?</i>	<i>Were you ever agitated or hyperactive?</i>
Elated Mood 34	Over-Talkative or Racing Speech 35
Feeling so happy or excited that it causes problems	Overly talkative OR speech races from topic to topic
0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty
2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)

<i>Did you ever have unusual beliefs or experiences that others found hard to believe or understand?</i>		
Grandiosity 37	Reality Distortion 38	Conceptual Disorganization 39
Bizarrely inflated appraisal of one's worth, power, knowledge, importance, or identity	Bizarre false delusional beliefs or hallucinations (e.g., imaginary voices, visions, smells or tastes)	Disorganized (circumstantial, irrelevant, illogical, derailed or incoherent) speech or writing
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	3 Much difficulty	3 Much difficulty
2 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (disabling; prevents normal work)

<i>Any problems with your thinking or communication?</i>		
Distractibility 40	Apathy 41	Forgetfulness 42
Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli	Inability to feel pleasure or take interest in things; lack of motivation to do expected tasks	Difficulty learning new things; forgetting to take medications; forgetting to keep appointments
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	3 Much difficulty
2 Severe difficulty (disabling; prevents normal work)	2 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (disabling; prevents normal work)

Impaired Executive Functioning 43	Impaired Social Communication 44	Bizarre Behavior 45
Impaired judgment, planning, or problem-solving; lack of creativity or abstract thinking	Marked deficits in social communication (e.g., failure to initiate or maintain conversation)	Grossly inappropriate appearance or behavior (includes repetitive or stereotyped behavior)
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
3 Much difficulty	3 Much difficulty (responses limited to very few words)	3 Much difficulty
6 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (mute; responses are nonverbal)	6 Severe difficulty (disabling; prevents normal work)

Personal Neglect 46	Psychomotor Slowing 47	Confusion 48
Difficulty with washing, dressing, toileting, feeding self, or body odor	Observable slowing of thinking, speaking, or moving; decreased spontaneous movements	Gets lost near home, doesn't know the year, or not awake enough to drive a car etc.
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty (oriented + alert)
3 Much difficulty (partially able to do self-care)	3 Much difficulty	3 Much difficulty (disoriented/ confused)
6 Severe difficulty (unable to do self-care)	6 Severe difficulty (disabling; prevents normal work)	6 Severe difficulty (in a stupor or coma)

<i>Were you in hospital (or institutional care)?</i>	<i>Did you want help for your problems?</i>	<i>Overall how was your life going?</i>
Institutional Care 49	Insight 50	Overall Life Functioning 51
Whether in residential care (e.g., nursing home, group home, institution) or hospital	Understanding (and willingness to change) one's own personal problems	Functioning in <u>ALL</u> 3 major areas of life (occupational + social + recreational)
0 Is not in residential or hospital care	0 No or little difficulty	0 Good
3 Is in (non-hospital) residential care	3 Much difficulty (OR partially refuses help)	3 Fair (1 problem area)
6 Is in hospital OR was recently discharged	6 Severe difficulty (OR refuses all help)	6 Poor (2-3 problem areas)

<i>How confident and optimistic were you?</i>		<i>How independent and assertive were you?</i>	
Self-Confidence 52	Optimism 53	Belonging 54	
Having a good opinion of one's self and abilities; socially confident and out-going	Having a positive outlook on life; expecting a good outcome; hopeful	Feeling liked and accepted by others (with someone to count on); not fearing rejection	
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty	
1 Much difficulty	1 Much difficulty	1 Much difficulty	
2 Severe difficulty (feeling inferior / shy)	2 Severe difficulty (pessimism expecting the worst)	2 Severe difficulty (feeling alone or fearing rejection)	

Independence 55	Assertiveness 56	Peacemaking 57
Freedom from other's control / support; freedom to make own choices; not fearing separation	Being confident and direct in claiming one's rights or putting forward one's views	Skillfully preventing (or resolving) conflict within a group or family
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (marked separation anxiety)	2 Severe difficulty (submissiveness)	2 Severe difficulty (inability to handle conflict)

<i>How loving, friendly and outgoing were you?</i>		
Intimacy 58	Sociability 59	Emotional Expressiveness 60
Wanting close friendships or intimate romantic relationships	Friendly; interested in social contacts and activities; has weekly contact with friends	Open expression of emotions; full range of emotions
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty (doesn't want romantic relationships)	1 Much difficulty (OR no weekly contact with friends)	1 Much difficulty (cold; little emotional expression)
2 Severe difficulty (intimacy avoidance)	2 Severe difficulty (social withdrawal)	2 Severe difficulty (lack of emotional expression)

<i>How ordered or chaotic was your life?</i>		
Moderation 61	Work-Life Balance 62	Flexibility 63
Setting realistic goals; accepting "good enough" rather than demanding perfection	Maintaining a proper balance between work and the rest of life	Willingness to try new things; ability to tolerate normal disorder; taking reasonable risks
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (rigid perfectionism)	2 Severe difficulty ("all work and no play")	2 Severe difficulty (inflexibility and risk avoidance)

Genuineness 64	Chastity 65	Caution 66
Being genuine (not overly theatrical or attention-seeking)	Avoidance of casual sex ("one night stands") AND absence of intense desire for illicit sex	Thinking carefully before acting or speaking; being cautious
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (attention-seeking)	2 Severe difficulty (desire for casual or illicit sex)	2 Severe difficulty (harmful impulsiveness)

Emotional Stability 67	Stable Self-Image & Life Goals 68	Stable Personal Relationships 69
Having a stable and peaceful mood	Certain about "who-am-I" & "where-I-am-going"	Having stable and peaceful personal relationships
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (rapidly changing, intense emotions)	2 Severe difficulty (confused self-image & life goals)	2 Severe difficulty (unstable intense personal relationships)

<i>How trusting, generous and responsible were you?</i>		<i>Any lying, stealing or cheating?</i>	
Trust 70	Forgiveness 71	Gratitude 72	
Trusting the loyalty and good intentions of significant others (e.g., family, friends)	Forgiving other peoples' mistakes; not bearing grudges or seeking revenge	Being thankful for the good things in life; expressing thanks to others	
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty	
1 Much difficulty	1 Much difficulty	1 Much difficulty	
2 Severe difficulty (suspiciousness)	2 Severe difficulty (bearing grudges)	2 Severe difficulty (feeling victimized)	

Humility 73	Cooperation And Generosity 74	Kindness 75
Being humble (not arrogant, boastful or excessively proud)	Cooperating with others and doing a fair share of the work; unselfishly helping others	Being a kind, considerate, loving person; feeling another's suffering & wanting to alleviate it
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (arrogance)	2 Severe difficulty (being manipulative or greedy)	2 Severe difficulty (unkind; ignoring another's suffering)

Respect 76	Responsibility 77	Honesty 78
Treating others with respect and making them feel appreciated	Being reliable and careful; being able to accept blame, heed correction and make amends	Not lying, stealing or cheating
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty	1 Much difficulty	1 Much difficulty
2 Severe difficulty (contempt; making others feel worthless)	2 Severe difficulty (irresponsibility)	2 Severe difficulty (dishonesty)