

Name:			
Age:		Please enter your age.	
Gender (M or F):		Please enter M or F	
Date (mo/day/yr):		Please enter today's date.	
Email Address:			
Telephone/ Cell Number:			

Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, indicate how much that problem has bothered or distressed you on a 1 to 5 scale during the past 7 days, including today. Please do not skip any items.

How much have the following bothered or distressed you during the past 7 days, including today.

Not at all	A little bit	Moderately	Quite a bit	Extremely
1	2	3	4	5

For example:

2	Feeling lonely
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Rate Here

	Feeling lonely
	Feeling blue
	Feeling no interest in things
	Feeling fearful
	The idea that someone else can control your thoughts
	Feeling others are to blame for most of your troubles
	Feeling afraid in open spaces or on the streets
	Hearing voices that other people do not hear
	Feeling that most people cannot be trusted
	Suddenly scared for no reason
	Temper outbursts that you could not control
	Feeling afraid to go out of your house alone
	Other people being aware of your private thoughts
	Feeling others do not understand you or are unsympathetic
	Feeling that people are unfriendly or dislike you
	Having to do things very slowly to ensure correctness
	Feeling inferior to others
	Soreness of your muscles
	Feeling that you are watched or talked about by others
	Having to check and double-check what you do
	Difficulty making decisions
	Feeling afraid to travel on buses, subways, or trains
	Hot or cold spells
	Having to avoid certain things, places, or activities because they frighten you
	Your mind going blank
	Numbness or tingling in parts of your body
	Feeling hopeless about the future
	Trouble concentrating
	Feeling weak in parts of your body
	Feeling tense or keyed up
	Heavy feelings in your arms or legs
	Feeling uneasy when people are watching or talking about you
	Having thoughts that are not your own
	Having urges to beat, injure, or harm someone
	Having urges to break or smash things
	Feeling very self-conscious with others
	Feeling uneasy in crowds, such as shopping or at a movie
	Spells of terror or panic
	Getting into frequent arguments
	Others not giving you proper credit for your achievements
	Feeling so restless you couldn't sit still
	Feelings of worthlessness
	Shouting or throwing things
	Feeling that people will take advantage of you if you let them
	The idea that you should be punished for your sins