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.

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

For example:

2 Feeling lonely

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

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