## **ADULT SYMPTOM CHECK LIST**

## **PATIENT LABEL**

Please check the appropriate degree of any symptoms you have experienced in the last month.	Patient Name:			Date:	
Sequentity   Set					
Constant sadness/depressed mood	•		•	•	
Difficulty falling asleep	1=Never 2=	=Rarely	3=Occasional	lly 4=Frequently 5=Us	ually
Early morning awakening	Constant sadness/depressed mood	□1 □2 □	]3	• •	
Waking during the middle of the night increased sleep					
Increased sleep	, ,				
Decreased enjoyment in formerly pleasurable activities					
Pleasurable activities	•	□1 □2 □	]3		
Feelings of guilt					
Low self esteem	·				
Feelings of helplessness					
Feeling of hopelessness					
Fatigued/low energy	•				
Decreased concentration	• .				
Indecisiveness/slowed thinking					
Appetite   up/   down					
Weight   up/   down         How much?   Ibs           1   2   3   4   5         Menstrual problems/changes           1   2   3   4   5         Crying spells           1   2   3   4   5         Urinary problems           1   2   3   4   5         Urinary problems           1   2   3   4   5         Sexual problems           1   2   3   4   5         Attempts to hurt self/cutting on self           1   2   3   4   5         Unexplained pain           1   2   3   4   5         Unexplained pain           1   2   3   4   5         Other physical symptoms           1   2   3   4   5	_				
How much?		□1 □2 □	]3 ∐4 ∐5	Feeling dissociated	
Crying spells				Manatural muchlanes/abousses	
Suicidal thoughts         1         2         3         4         5         Sexual problems         1         2         3         4         5           Attempts to hurt self/cutting on self         1         2         3         4         5         Unexplained pain         1         2         3         4         5           Diminished sex drive         1         2         3         4         5         Other physical symptoms         1         2         3         4         5           Needing to be with others excessively Difficulty with relationships         Decreased ability to sustain focus         1         2         3         4         5           Souse, children, co-workers)         1         2         3         4         5         Decreased ability to sustain focus         1         2         3         4         5           Decreased effectiveness at work/home         1         2         3         4         5         Difficulty in organizing tasks         1         1         2         3         4         5           Overeating/Binge eating         1         2         3         4         5         Difficulty in organizing tasks         1         1         2         3         4					
Attempts to hurt self/cutting on self	, , ,			* *	
Diminished sex drive         1	_			•	
Tendency to isolate    1	•			· · · · · · · · · · · · · · · · · · ·	
Needing to be with others excessively Difficulty with relationships (spouse, children, co-workers)         1         2         3         4         5         Decreased ability to sustain focus Difficulty in organizing tasks         1         2         3         4         5         Decreased diffectiveness at work/home Difficulty in organizing tasks         1         2         3         4         5         Forgetfulness Difficulty in organizing tasks         1         1         2         3         4         5         Forgetfulness Difficulty in organizing tasks         1         2         3         4         5         Forgetfulness Difficulty in organizing tasks         1         1         2         3         4         5         Distractibility Difficulty in organizing tasks         1         1         2         3         4         5         Distractibility Difficulty in organizing tasks         1         2         3         4         5         Distractibility Difficulty in organizing tasks         1         1         2         3         4         5         Distractibility Difficulty in organizing tasks         1         1         2         3         4         5         Distractibility Difficulty in organizing tasks         1         1         2         3         4         5         Difficulty in organizing tasks         1         1				Other physical symptoms	
Difficulty with relationships (spouse, children, co-workers)				Decreased ability to sustain feeus	
(spouse, children, co-workers)         1 2 3 4 5         Forgetfulness         1 2 3 4 5           Decreased effectiveness at work/home         1 2 3 4 5         Distractibility         1 2 3 4 5           Overeating/Binge eating         1 2 3 4 5         Feeling "hyper", restless           Anorexia         1 2 3 4 5         Impulsive         1 2 3 4 5           Purging food (vomiting or laxatives)         1 2 3 4 5         Impulsive         1 2 3 4 5           Dramatic mood swings         1 2 3 4 5         Impulsive         1 2 3 4 5           Increased energy         1 2 3 4 5         Amnesia         1 2 3 4 5           Recling elated         1 2 3 4 5         Nightmares         1 2 3 4 5           Racing thoughts         1 2 3 4 5         Bizarre/unusual experiences         1 2 3 4 5           Overspending         1 2 3 4 5         Hearing/seeing things others do not 1 2 3 4 5           Increased sexual activities         1 2 3 4 5         Repetitive behaviors/compulsions         1 2 3 4 5           Alcohol use/abuse or dependency         1 2 3 4 5         Peeling sof numbness         1 2 3 4 5           Repetitive behaviors/compulsions         1 2 3 4 5           Bramily/legal problems due to alcohol/drugs         1 2 3 4 5			3 4 5		
Decreased effectiveness at work/home			72 □ 4 □ 5		
Overeating/Binge eating         1	, ,			•	
Annorexia					
Purging food (vomiting or laxatives)					$\Box 1 \Box 2 \Box 3 \Box 4 \Box 5$
Dramatic mood swings				•	
Increased energy	Turging rood (vorniting or laxatives)		] 5 🗀 🛨 🗀 5	impulsive	
Increased energy	Dramatic mood swings	□1 □2 □	]3	Amnesia	$\Box 1 \Box 2 \Box 3 \Box 4 \Box 5$
Feeling elated Racing thoughts Overspending Overspending Increased sexual activities Decreased need for sleep Alcohol use/abuse or dependency Other drug use/abuse or dependency Concerns about alcohol use Family/legal problems due to alcohol/drugs  Nightmares  Attempts to hurt others  1	Increased energy	□1 □2 □	]3		
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