Problem Checklist

Here is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, select one of the numbered descriptions that best describes HOW MUCH DISCOMFORT THAT PROBLEM CAUSED YOU DURING THE PAST WEEK INCLUDING TODAY. Place the number in the space to the right of the problem, and respond to each problem listed. Please read the following example before beginning.

*Example:*

Descriptors:

In the previous week how much were you distressed by:

0 - Not at all

1 - A little bit

Ex: Body Aches: \_\_\_\_3\_\_\_ 2 - Moderately

3 - Quite a bit

4 - Extremely

In this case the respondent experienced body aches quite a bit (3) in the previous week. Please proceed with the questionnaire.

IN THE PREVIOUS WEEK HOW MUCH WERE YOU DISTRESSED BY:

|  |  |
| --- | --- |
| 1. Headaches |  |
| 1. Nervousness or shakiness inside |  |
| 1. Repeated unpleasant thoughts that won’t leave your mind |  |
| 1. Faintness or dizziness |  |
| 1. Loss of sexual interest or pleasure |  |
| 1. Feeling critical of others |  |
| 1. The idea that someone else can control your thoughts |  |
| 1. Feeling that others are to blame for most of your troubles |  |
| 1. Trouble remembering things |  |
| 1. Worrying about sloppiness or carelessness |  |
| 1. Feeling easily annoyed or irritated |  |
| 1. Pains in heart or chest |  |
| 1. Feeling afraid in open spaces or on the streets |  |
| 1. Feeling low in energy or slowed down |  |
| 1. Thoughts of ending your life |  |
| 1. Hearing voices that other people do not hear |  |
| 1. Trembling |  |
| 1. Feeling that most people cannot be trusted |  |
| 1. Poor appetite |  |
| 1. Crying easily |  |
| 1. Feeling shy or uneasy with the opposite sex |  |
| 1. Feelings of being trapped or caught |  |
| 1. Feeling suddenly scared for no reason |  |
| 1. Temper outbursts that you could not control |  |
| 1. Feeling afraid to go out on your own |  |
| 1. Blaming yourself for things |  |
| 1. Pains in your lower back |  |
| 1. Feeling blocked in getting things done |  |
| 1. Feeling lonely |  |
| 1. Feeling blue |  |
| 1. Worrying too much about things |  |

IN THE PREVIOUS WEEK HOW MUCH WERE YOU DISTRESSED BY:

|  |  |  |
| --- | --- | --- |
| 1. Feeling no interest in things |  |  |
| 1. Feeling fearful |  |  |
| 1. Your feelings being easily hurt |  |  |
| 1. Worries about other people being aware of your private thoughts |  |  |
| 1. Feeling that others do not understand you or are unsympathetic |  |  |
| 1. Feeling that people are unfriendly or dislike you |  |  |
| 1. Having to do things very slowly or insure correctness |  |  |
| 1. Heart pounding or racing |  |  |
| 1. Nausea or upset stomach |  |  |
| 1. Feeling inferior to others |  |  |
| 1. Soreness of your muscles |  |  |
| 1. Feeling that you are being watched or talked about by others |  |  |
| 1. Trouble falling asleep |  |  |
| 1. Having to check and double-check what you do |  |  |
| 1. Difficulty making decisions |  |  |
| 1. Feeling afraid to travel on public transportation |  |  |
| 1. Trouble getting your breath |  |  |
| 1. Hot or cold spells |  |  |
| 1. Having to avoid certain things, places, or activities because they frighten you |  |  |
| 1. Your mind going blank |  |  |
| 1. Numbness or tingling in parts of your body |  |  |
| 1. A lump in your throat |  |  |
| 1. Feeling hopeless about the future |  |  |
| 1. Trouble concentrating |  |  |
| 1. Feeling weak in parts of your body |  |  |
| 1. Feeling tense or keyed up |  |  |
| 1. Heavy feelings in your arms or legs |  |  |
| 1. Thoughts of death or dying |  |  |
| 1. Overeating |  |  |
| 1. Feeling uneasy when people are watching or talking about you |  |  |
| 1. Having thoughts that are not your own |  |  |
| 1. Having urges to hurt, injure or harm someone |  |  |
| 1. Awakening in the early morning |  |  |
| 1. Having to repeat the same actions such as touching, counting, or washing |  |  |
| 1. Sleep that is restless or disturbed |  |  |
| 1. Have urges to break or smash things |  |  |
| 1. Having ideas or beliefs that other do not share |  |  |
| 1. Feeling very self-conscious with others |  |  |
| 1. Feeling uneasy in crowds including shopping or at a movie |  |  |
| 1. Feeling everything is an effort |  |  |

IN THE PREVIOUS WEEK HOW MUCH WERE YOU DISTRESSED BY:

|  |  |  |
| --- | --- | --- |
| 1. Spells of terror or panic |  |  |
| 1. Feeling uncomfortable about eating or drinking in public |  |  |
| 1. Getting into frequent arguments |  |  |
| 1. Feeling nervous when you are left alone |  |  |
| 1. Others not given you proper credit for your achievements |  |  |
| 1. Feeling lonely even when you are with people |  |  |
| 1. Feeling so restless that you couldn’t sit still |  |  |
| 1. Feelings of worthlessness |  |  |
| 1. The feeling that something bad is going to happen to you |  |  |
| 1. Shouting or throwing things |  |  |
| 1. Feeling afraid that you will faint in public |  |  |
| 1. Feeling that people will take advantage of you if you let them |  |  |
| 1. Having thoughts about sex that bother you a lot |  |  |
| 1. The idea that you should be punished for your sins |  |  |
| 1. Thoughts or images of a frightening nature |  |  |
| 1. The idea that something serious is wrong with your body |  |  |
| 1. Never feeling close to another person |  |  |
| 1. Feelings of guilt |  |  |
| 1. The idea that something is wrong with your mind |  |  |