

<b>SURNAME:</b>		<b>GIVEN NAME:</b>		<b>DATE:</b> MM DD YY	
<b>SEX:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female		<b>MARITAL STATUS:</b> <input type="checkbox"/> Never Married <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated		<b>AGE:</b> [      ]	
<input type="checkbox"/> In Hospital		<b>RESIDENTIAL STATUS:</b>		<b>OCCUPATION:</b> (N/A = Not Applicable)	
<input type="checkbox"/> In Other Institution		<input type="checkbox"/> At Home		<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**

<b>Vigorous Physical Exercise</b> 1	<b>Physical Mobility</b> 2	<b>Pain or Discomfort</b> 3
<b>Sweaty vigorous exercise (e.g., running, biking, tennis, hiking, or swimming)</b>	<b>E.g., walking, climbing stairs, standing, lifting, carrying and holding</b>	<b>Physical pain or discomfort</b>
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 )

<b>Fatigue</b> 4	<b>Sleeping Problem</b> 5	<b>Appetite or Eating Problem</b> 6
<b>Feeling tired or having little energy</b>	<b>Sleeping much more or less than usual</b>	<b>Eating much more or less than usual</b>
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 )

<b>Sexual Problems</b> 7	<b>Seeing or Hearing Problems</b> 8	<b>Overall Physical Health</b> 9
<b>E.g., uninterested in sex; unable to reach normal orgasm; painful sex</b>	<b>E.g., blindness, deafness</b>	<b>Extent to which physical health problems interfere with usual activities</b>
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 )
<b>(Please leave the subtotal boxes empty)</b>		<b>Items 1-9 Subtotal:</b> <input type="text"/>

<b>Family Problems</b> 10	<b>Friendship Problems</b> 11	<b>Mistrust</b> 12
<b>Difficulty dealing with family member(s)</b>	<b>Difficulty dealing with friend(s)</b>	<b>Mistrust of people in general</b>
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 )

<b>Problems Living Independently</b> 13	<b>Educational Problems</b> 14	<b>Occupational Problems</b> 15
<b>Inability to live independently without regular (non-financial) assistance from others</b>	<b>E.g., academic problems (when compared to peers); conflict with teachers or classmates</b>	<b>E.g., unemployment; job dissatisfaction; poor job performance; social conflict at work</b>
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 )	1 Much difficulty ( OR failing school courses )	3 Much difficulty ( OR only part-time or volunteer work )
2 Severe difficulty ( OR can't live independently )	2 Severe difficulty ( OR unable to read, write or do math )	6 Severe difficulty ( OR no competitive employment )
<b>Items 10-13 Subtotal:</b> <input type="text"/>		

<b>Housekeeping Problems</b> 16	<b>Economic Problems</b> 17	<b>Housing Problems</b> 18
<b>E.g., problems cleaning, cooking, doing laundry, grocery shopping</b>	<b>E.g., inadequate finances; over-spending; reliant on others or government for financial assistance</b>	<b>E.g., homelessness; inadequate housing; conflict with neighbors or landlord</b>
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 )
		<b>Items 14-18 Subtotal:</b> <input type="text"/>

<b>Reckless Thrill-Seeking</b> 19	<b>Disrespect For The Law</b> 20	<b>Physical Violence</b> 21
<b>Reckless thrill-seeking showing no regard for danger or consequences (e.g., gambling, sports)</b>	<b>Disrespect for normal law-abiding behavior</b>	<b>Physical violence towards others (e.g., physical assault or property damage)</b>
0 No or little difficulty	0 No or little difficulty	0 No or little difficulty
1 Much difficulty ( OR sometimes )	1 Much difficulty ( OR sometimes )	1 Much difficulty ( OR sometimes )
2 Severe difficulty ( OR often )	2 Severe difficulty ( OR often )	2 Severe difficulty ( OR often )
		<b>Items 19-21 Subtotal:</b> <input type="text"/>

<b>Smoking</b> 22	<b>Alcohol Abuse</b> 23	<b>Drug or Medication Abuse</b> 24
<b>Nicotine use (e.g., cigarettes, cigars, pipes)</b>	<b>Alcohol use causing harm to self or others</b>	<b>Drug use causing harm to self or others</b>
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 )	1 Much difficulty	1 Much difficulty ( OR ANY illegal drug use )
2 A lot ( chain smoking )	2 Severe difficulty ( disabling; prevents normal work )	2 Severe difficulty ( disabling; prevents normal work )
		<b>Items 22-24 Subtotal:</b> <input type="text"/>

**(There Is More ...)**

<b>Agoraphobia</b> 25	<b>Other Phobia</b> 26	<b>Panic Attacks</b> 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 )

<b>Obsessions or Compulsions</b> 28	<b>Depressed Mood</b> 29	<b>Generalized Anxiety</b> 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 )
<b>Items 25-28 Subtotal:</b> <input type="text"/>		

<b>Anger</b> 31	<b>Guilt or Shame</b> 32	<b>Self-Harm</b> 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 )
<b>Items 29-33 Subtotal:</b> <input type="text"/>		

<b>Elated Mood</b> 34	<b>Over-Talkative or Racing Speech</b> 35	<b>Hyperactivity</b> 36
Feeling so happy or excited that it causes problems	Overly talkative OR speech races from topic to topic	Excessive movement (e.g., can't sit still; excessive pacing or hand-wringing)
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 )
<b>Items 34-35 Subtotal:</b> <input type="text"/>		<b>Item 36:</b> <input type="text"/>

<b>Grandiosity</b> 37	<b>Reality Distortion</b> 38	<b>Conceptual Disorganization</b> 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 )
<b>Items 37-39 Subtotal:</b> <input type="text"/>		

<b>Distractibility</b> 40	<b>Apathy</b> 41	<b>Forgetfulness</b> 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 )

<b>Impaired Executive Functioning</b> 43	<b>Impaired Social Communication</b> 44	<b>Bizarre Behavior</b> 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 )

<b>Personal Neglect</b> 46	<b>Psychomotor Slowing</b> 47	<b>Confusion</b> 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 )
<b>Items 40-48 Subtotal:</b> <input type="text"/>		

<b>Institutional Care</b> 49	<b>Insight</b> 50	<b>Overall Psychosocial Functioning</b> 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 ALL 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 )
<b>Item 49:</b> <input type="text"/>	<b>Item 50:</b> <input type="text"/>	<b>Item 51:</b> <input type="text"/>

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Internet Mental Health

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[www.mentalhealth.com](http://www.mentalhealth.com)

<b>Self-Confidence</b> 52	<b>Optimism</b> 53	<b>Belonging</b> 54
<b>Having a good opinion of one's self and abilities; socially confident and out-going</b>	<b>Having a positive outlook on life; expecting a good outcome; hopeful</b>	<b>Feeling liked and accepted by others (with someone to count on); not fearing rejection</b>
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 ( with feeling inferior / shy )	2 Severe difficulty ( with pessimism expecting the worst )	2 Severe difficulty ( with feeling alone / fearing rejection )

<b>Independence</b> 55	<b>Assertiveness</b> 56	<b>Peacemaking</b> 57
<b>Freedom from other's control / support; freedom to make own choices; not fearing separation</b>	<b>Being confident and direct in claiming one's rights or putting forward one's views</b>	<b>Skillfully preventing (or handling) conflict within a group or family</b>
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 ( with marked separation anxiety )	2 Severe difficulty ( with submissiveness )	2 Severe difficulty ( with inability to handle conflict )

<b>Intimacy</b> 58	<b>Sociability</b> 59	<b>Emotional Expressiveness</b> 60
<b>Wanting close friendships or intimate romantic relationships</b>	<b>Friendly; interested in social contacts and activities; has weekly contact with friends</b>	<b>Open expression of emotions; full range of emotions</b>
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 ( doesn't want close friendships )	2 Severe difficulty ( wants social withdrawal or isolation )	2 Severe difficulty ( unchanging facial expression & voice )

<b>Moderation</b> 61	<b>Work-Life Balance</b> 62	<b>Flexibility</b> 63
<b>Setting realistic goals; accepting "good enough" rather than demanding perfection</b>	<b>Maintaining a proper balance between work and the rest of life</b>	<b>Willingness to try new things; ability to tolerate normal disorder; taking reasonable risks</b>
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 ( with perfectionism )	2 Severe difficulty ( with "all work and no play" )	2 Severe difficulty ( with inflexibility and risk avoidance )

<b>Genuineness</b> 64	<b>Chastity</b> 65	<b>Caution</b> 66
<b>Being genuine (not overly theatrical or attention-seeking)</b>	<b>Avoidance of casual sex ("one night stands") AND absence of intense desire for illicit sex</b>	<b>Thinking carefully before acting or speaking; being cautious</b>
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 ( with attention-seeking )	2 Severe difficulty ( with desire for casual or illicit sex )	2 Severe difficulty ( with harmful impulsiveness )

<b>Emotional Stability</b> 67	<b>Stable Self-Image</b> 68	<b>Social Stability</b> 69
<b>Having a predictable mood which does not quickly change</b>	<b>Being certain about "who-am-I" and "where-am-I-going-in-life"; having meaning &amp; purpose to life</b>	<b>Having a stable and peaceful social life</b>
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 ( with emotional instability )	2 Severe difficulty ( with unstable self-image )	2 Severe difficulty ( with unstable, chaotic social life )

<b>Trust</b> 70	<b>Forgiveness</b> 71	<b>Gratitude</b> 72
<b>Trusting the loyalty and good intentions of significant others (e.g., family, friends)</b>	<b>Forgiving other peoples' mistakes; not bearing grudges or seeking revenge</b>	<b>Being thankful for the good things in life; expressing thanks to others</b>
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 ( with suspiciousness )	2 Severe difficulty ( with bearing grudges )	2 Severe difficulty ( with feeling victimized )

<b>Humility</b> 73	<b>Cooperation And Generosity</b> 74	<b>Kindness</b> 75
<b>Being humble (not arrogant, boastful or excessively proud)</b>	<b>Cooperating with others and doing a fair share of the work; unselfishly helping others</b>	<b>Being a kind, considerate, loving person; feeling another's suffering &amp; wanting to alleviate it</b>
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 ( with arrogance or feeling superior )	2 Severe difficulty ( with being manipulative or greedy )	2 Severe difficulty ( with callousness )

<b>Respect</b> 76	<b>Responsibility</b> 77	<b>Honesty</b> 78
<b>Treating others with respect and making them feel appreciated</b>	<b>Being reliable and careful; being able to accept blame, heed correction and make amends</b>	<b>Not lying, stealing or cheating</b>
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 ( with disrespect for others )	2 Severe difficulty ( with irresponsibility )	2 Severe difficulty ( with dishonesty )