

Symptom Check List - 45

Name: _____ Date: _____ No. _____

For each question below circle how you have felt during the past week.

		Not at all				Very Much
		0	1	2	3	4
1	Do you have pains in your lower back?	0	1	2	3	4
2	Do you feel blocked in getting things done?	0	1	2	3	4
3	Do you feel shy or uneasy with the opposite sex?	0	1	2	3	4
4	Do you feel lonely?	0	1	2	3	4
5	Do you feel nervous or shaky inside?	0	1	2	3	4
6	Do you have temper outbursts that you cannot control?	0	1	2	3	4
7	Are you afraid in open spaces or on the streets?	0	1	2	3	4
8	Do you feel that most people cannot be trusted?	0	1	2	3	4
9	Do you feel that others can control your thoughts?	0	1	2	3	4
10	Do you experience soreness of your muscles?	0	1	2	3	4
11	Do you have to check and recheck what you do?	0	1	2	3	4
12	Are your feelings easily hurt?	0	1	2	3	4
13	Do you feel blue?	0	1	2	3	4
14	Are you suddenly scared for no reason?	0	1	2	3	4
15	Do you have urges to beat or harm someone?	0	1	2	3	4
16	Are you afraid to go out of your house alone?	0	1	2	3	4
17	Do you feel that you are watched or talked about by others?	0	1	2	3	4
18	Do you hear voices that others do not hear?	0	1	2	3	4
19	Do you experience hot or cold spells?	0	1	2	3	4
20	Do you have difficulty making decisions?	0	1	2	3	4
21	Do you feel inferior to others?	0	1	2	3	4
22	Do you worry too much about things?	0	1	2	3	4
23	Do you feel fearful?	0	1	2	3	4
24	Do you have urges to break or smash things?	0	1	2	3	4
25	Are you afraid to travel on buses, subways, or trains?	0	1	2	3	4
26	Do others not give you proper credit for your achievements?	0	1	2	3	4
27	Do you have thoughts that are not your own?	0	1	2	3	4
28	Do you experience numbness or tingling in parts of your body?	0	1	2	3	4
29	Does your mind go blank?	0	1	2	3	4
30	Do you feel uneasy when people watch or talk about you?	0	1	2	3	4
31	Do you feel no interest in things?	0	1	2	3	4
32	Do you feel tense or keyed up?	0	1	2	3	4
33	Are you uneasy in crowds, such as while shopping or at movies?	0	1	2	3	4
34	Do you feel that people will take advantage of you?	0	1	2	3	4
35	Do you feel lonely even when you are with people?	0	1	2	3	4
36	Do you feel weak in parts of your body?	0	1	2	3	4
37	Do you have trouble concentrating?	0	1	2	3	4
38	Do you feel very self-conscious when with other people?	0	1	2	3	4
39	Do you feel hopeless about the future?	0	1	2	3	4
40	Do you have spells of terror or panic?	0	1	2	3	4
41	Do you feel that you are punished for your sins?	0	1	2	3	4
42	Do you have feelings of heaviness in your arms or legs?	0	1	2	3	4
43	Do you feel worthless?	0	1	2	3	4
44	Do you feel so restless you can't sit still?	0	1	2	3	4
45	Do you feel something is wrong with your mind?	0	1	2	3	4

