Below is a list of problems and complaints that some people have. Read each one and select the number that best describes how much discomfort that problem has caused you during the past 7 days, including today. Place the number in the open block to the right of the condition.

Example:	How much were you distressed by:		0 = Not at All 1 = A Little Bit	
	Body Aches	[2]	2 = Moderately	
			3 = Quite a Bit	
			4 = Extremely	

How much were you distressed by:

Nervousness or shakiness inside Faintness or dizziness The idea that someone else can Control your mind	[]	Feeling afraid to travel on buses or trains Trouble getting your breath Hot or cold spells Feeling worthless]]
Feeling others are to blame for Most of your troubles	[]	Having to avoid certain things or places because they frighten you	[]
Trouble remembering things	[]	Your mind going blank	[]
Feeling easily annoyed or irritated	[]	Numbness or tingling in parts of your body	[]
Pains in heart or chest	[]	The idea that you should be punished for Your sins	r	1
Feeling afraid in open spaces	[]	Feeling hopeless about the future	[]
Thoughts of ending your life	[]	Trouble concentrating	[]
Feeling that most people cannot Be trusted	[]	Feeling weak in parts of your body Feeling restlessness]]
Poor appetite	[]	Feeling tense or keyed up	[]
Suddenly scared for no reason	[]	Thoughts of death or dying	[]
Temper outbursts out of control	[]	The urge to beat, injure or harm someone	[]
Feeling lonely even when you are With people	[]	The urge to break or smash things	[]
Feeling blocked in getting things Done	[]	Feeling very self- conscious with others Trouble falling asleep]
Feeling lonely	[]	Feeling uneasy in crowds	[]
Feeling blue	[]	Spells of terror or panic]]
No interest in things	[]	Getting into frequent arguments	ſ	1