

## A MEASURE OF DISTRESS

The information you provide is strictly confidential and will not be released without your written consent.

<b>HOW MUCH ARE YOU DISTRESSED BY:</b> (Please circle a number in the columns at the right)		<b>EXTREMELY</b>	<b>QUITE A BIT</b>	<b>MODERATELY</b>	<b>A LITTLE BIT</b>	<b>NOT AT ALL</b>
1.	Nervousness or shakiness	4	3	2	1	0
2.	Faintness or dizziness	4	3	2	1	0
3.	The idea that someone else can control your thoughts	4	3	2	1	0
4.	Feeling others are to blame for most of your troubles	4	3	2	1	0
5.	Trouble remembering things	4	3	2	1	0
6.	Feeling easily annoyed or irritated	4	3	2	1	0
7.	Pains in heart or chest	4	3	2	1	0
8.	Feeling afraid in open spaces or on the streets	4	3	2	1	0
9.	Thoughts of ending your life	4	3	2	1	0
10.	Feeling that most people cannot be trusted	4	3	2	1	0
11.	Poor Appetite	4	3	2	1	0
12.	Suddenly scared for no reason	4	3	2	1	0
13.	Temper outbursts that you could not control	4	3	2	1	0
14.	Feeling lonely even when you are with people	4	3	2	1	0
15.	Feeling blocked in getting things done	4	3	2	1	0
16.	Feeling lonely	4	3	2	1	0
17.	Feeling blue	4	3	2	1	0
18.	Feeling no interest in things	4	3	2	1	0
19.	Feeling fearful	4	3	2	1	0
20.	Your feelings being easily hurt	4	3	2	1	0
21.	Feeling that people are unfriendly or dislike you	4	3	2	1	0
22.	Feeling inferior to others	4	3	2	1	0
23.	Nausea or upset stomach	4	3	2	1	0
24.	Feeling that you are watched or talked about by others	4	3	2	1	0

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<b>A MEASURE OF DISTRESS (Continued)</b>						
25.	Trouble falling asleep	4	3	2	1	0
26.	Having to check and double-check what you do	4	3	2	1	0
27.	Difficulty making decisions	4	3	2	1	0
28.	Feeling afraid to travel on buses, subways or trains	4	3	2	1	0
29.	Trouble getting your breath	4	3	2	1	0
30.	Hot or cold spells	4	3	2	1	0
31.	Having to avoid certain things, places or activities, because they frighten you	4	3	2	1	0
32.	Your mind going blank	4	3	2	1	0
33.	Numbness or tingling in parts of your body	4	3	2	1	0
34.	The idea that you should be punished for your sins	4	3	2	1	0
35.	Feeling hopeless about the future	4	3	2	1	0
36.	Trouble concentrating	4	3	2	1	0
37.	Feeling weak in parts of your body	4	3	2	1	0
38.	Feeling tense or keyed up	4	3	2	1	0
39.	Thoughts of death or dying	4	3	2	1	0
40.	Having urges to beat, injure or harm someone	4	3	2	1	0
41.	Having urges to break or smash things	4	3	2	1	0
42.	Feeling very self-conscious with others	4	3	2	1	0
43.	Feeling uneasy in crowds, such as shopping or at a movie	4	3	2	1	0
44.	Never feeling close to another person	4	3	2	1	0
45.	Spells of terror or panic	4	3	2	1	0
46.	Getting into frequent arguments	4	3	2	1	0
47.	Feeling nervous when you are left alone	4	3	2	1	0
48.	Others not giving you proper credit for your achievements	4	3	2	1	0
49.	Feeling so restless you couldn't sit still	4	3	2	1	0
50.	Feelings of worthlessness	4	3	2	1	0
51.	Feeling that people will take advantage of you if you let them	4	3	2	1	0
52.	Feelings of guilt	4	3	2	1	0
53.	The idea that something is wrong with your mind	4	3	2	1	0

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