

**Please Mark All That Apply**

1. Depressed mood
2. Lost interest in most activities
3. Increased appetite
4. Decreased appetite
5. Weight gain
6. Weight loss
7. Difficulty going to sleep
8. Difficulty staying asleep
9. Fatigue/ Loss of energy
10. Feelings of worthlessness
11. Inappropriate guilt
12. Difficulty concentrating
13. Preoccupation with death
14. Suicidal thoughts
15. Excessive or uncontrollable worry
16. Restlessness
17. Irritability
18. Decreased need for sleep
19. Increased talking
20. Racing thoughts
21. Distractibility
22. Elevated mood
23. Engaging in risky, pleasurable

activities

1. Mood swings
2. Feelings of panic
3. Pounding heart/ Chest pains/

Shaking

1. Shortness of breath/ Dizziness/

Sweating

1. Recurrent undesirable thoughts
2. Repetitive behaviors or mental acts
3. Nausea or abdominal stress
4. Fear of losing control
5. Fear of dying
6. Recurrent intrusive memories
7. Flashbacks
8. Efforts to avoid memories
9. Fear of social situations
10. Alcohol problems
11. Drug use problems
12. Compulsive dieting
13. Vomiting/ Use of laxatives
14. Marital problems
15. Sexual problems
16. Impulsivity
17. Feeling overwhelmed
18. Anger
19. Easily upset/ On edge
20. Careless, forgetful, easily distracted
21. Difficulty organizing/ Losing things