MIRACLE | Counseling

Symptom Checklist 90-R

Patient Name _____ DOB _____ Female ☐ Other ☐

Provider Name _____ Date _____ Male ☐

Below is a list of problems and complaints that people sometimes have. Please read each one carefully and **enter the number** that best describes how much you were bothered by that problem during the past week.

Please enter only ONE.

FOR THE *PAST WEEK*, HOW MUCH WERE YOU BOTHERED BY:

	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
1. Headaches	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
2. Nervousness or shakiness inside	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
3. Unwanted thoughts, words, or ideas that won't leave your mind	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
4. Faintness or dizziness	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
5. Loss of sexual interest or pleasure	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
6. Feeling critical of others	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
7. The idea that someone else can control your thoughts	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
8. Feeling others are to blame for most of your troubles	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
9. Trouble remembering things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
10. Worried about sloppiness or carelessness	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
11. Feeling easily annoyed or irritated	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
12. Pains in heart or chest	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
13. Feeling afraid in open spaces or on the streets	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
14. Feeling low in energy or slowed down	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
15. Thoughts of ending your life	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
16. Hearing words that others do not hear	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
17. Trembling	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
18. Feeling that most people cannot be trusted	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
19. Poor appetite	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
20. Crying easily	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4

FOR THE *PAST WEEK*, HOW MUCH WERE YOU BOTHERED BY:

	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
21. Feeling shy or uneasy with the opposite sex	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
22. Feeling of being trapped or caught	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
23. Suddenly scared for no reason	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
24. Temper outbursts that you could not control	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
25. Feeling afraid to go out of your house alone	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
26. Blaming yourself for things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
27. Pains in lower back	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
28. Feeling blocked in getting things done	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
29. Feeling lonely	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
30. Feeling blue	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
31. Worrying too much about things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
32. Feeling no interest in things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
33. Feeling fearful	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
34. Your feelings being easily hurt	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
35. Other people being aware of your private thoughts	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
36. Feeling others do not understand you or are unsympathetic	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
37. Feeling that people are unfriendly or dislike you	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
38. Having to do things very slowly to insure correctness	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
39. Heart pounding or racing	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
40. Nausea or upset stomach	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
41. Feeling inferior to others	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
42. Soreness of your muscles	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
43. Feeling that you are watched or talked about by others	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
44. Trouble falling asleep	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4

FOR THE *PAST WEEK*, HOW MUCH WERE YOU BOTHERED BY:

	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
45. Having to check and double-check what you do	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
46. Difficulty making decisions	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
47. Feeling afraid to travel on buses, subways, or trains	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
48. Trouble getting your breath	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
49. Hot or cold spells	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
50. Having to avoid certain things, places, or activities because they frighten you	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
51. Your mind going blank	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
52. Numbness or tingling in parts of your body	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
53. A lump in your throat	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
54. Feeling hopeless about the future	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
55. Trouble concentrating	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
56. Feeling weak in parts of your body	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
57. Feeling tense or keyed up	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
58. Heavy feelings in your arms or legs	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
59. Thoughts of death or dying	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
60. Overeating	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
61. Feeling uneasy when people are watching or talking about you	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
62. Having thoughts that are not your own	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
63. Having urges to beat, injure, or harm someone	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
64. Awakening in the early morning	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
65. Having to repeat the same actions such as touching, counting, washing	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
66. Sleep that is restless or disturbed	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
67. Having urges to break or smash things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
68. Having ideas or beliefs that others do not share	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4

FOR THE *PAST WEEK*, HOW MUCH WERE YOU BOTHERED BY:

	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
69. Feeling very self-conscious with others	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
70. Feeling uneasy in crowds, such as shopping or at a movie	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
71. Feeling everything is an effort	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
72. Spells of terror or panic	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
73. Feeling uncomfortable about eating or drinking in public	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
74. Getting into frequent arguments	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
75. Feeling nervous when you are left alone	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
76. Others not giving you proper credit for your achievements	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
77. Feeling lonely even when you are with people	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
78. Feeling so restless you couldn't sit still	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
79. Feelings of worthlessness	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
80. Feeling that familiar things are strange or unreal	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
81. Shouting or throwing things	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
82. Feeling afraid you will faint in public	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
83. Feeling that people will take advantage of you if you let them	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
84. Having thoughts about sex that bother you a lot	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
85. The idea that you should be punished for your sins	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
86. Feeling pushed to get things done	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
87. The idea that something serious is wrong with your body	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
88. Never feeling close to another person	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
89. Feelings of guilt	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
90. The idea that something is wrong with your mind	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4

Total 0 ☐ Total 1 ☐ Total 2 ☐ Total 3 ☐ total 4 ☐

TOTAL 0

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NOTES: