

**Instructions:**

Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and fill the circle completely under the category which best describes your current situation. For this questionnaire, work is defined as employment, school, housework, volunteer work, and so forth.

- |   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I get along well with others.....  | <input type="radio"/> |
| 2. I tire quickly.....  | <input type="radio"/> |
| 3. I feel no interest in things.....  | <input type="radio"/> |
| 4. I feel stressed at work/school.....  | <input type="radio"/> |
| 5. I blame myself for things.....   | <input type="radio"/> |
| 6. I feel irritated.....  | <input type="radio"/> |
| 7. I feel unhappy in my marriage/significant relationship.....  | <input type="radio"/> |
| 8. I have thoughts of ending my life.....   | <input type="radio"/> |
| 9. I feel weak.....   | <input type="radio"/> |
| 10. I feel fearful.....   | <input type="radio"/> |
| 11. After heavy drinking, I need a drink the next morning to get.....<br>going. (If you do not drink, mark "never") | <input type="radio"/> |
| 12. I find my work/school satisfying.....   | <input type="radio"/> |
| 13. I am a happy person.....  | <input type="radio"/> |
| 14. I work/study too much.....  | <input type="radio"/> |
| 15. I feel worthless.....   | <input type="radio"/> |
| 16. I am concerned about family troubles.....   | <input type="radio"/> |
| 17. I have an unfulfilling sex life.....  | <input type="radio"/> |
| 18. I feel lonely.....  | <input type="radio"/> |
| 19. I have frequent arguments.....  | <input type="radio"/> |
| 20. I feel loved and wanted.....  | <input type="radio"/> |
| 21. I enjoy my spare time.....  | <input type="radio"/> |
| 22. I have difficulty concentrating.....  | <input type="radio"/> |
| 23. I feel hopeless about the future.....   | <input type="radio"/> |
| 24. I like myself.....  | <input type="radio"/> |
| 25. Disturbing thoughts come into my mind that I cannot get rid of.....   | <input type="radio"/> |
| 26. I feel annoyed by people who criticize my drinking (or drug use).....<br>(If not applicable, mark "never")      | <input type="radio"/> |
| 27. I have an upset stomach.....  | <input type="radio"/> |
| 28. I am not working/studying as well as I used to.....   | <input type="radio"/> |
| 29. My heart pounds too much.....   | <input type="radio"/> |
| 30. I have trouble getting along with friends and close acquaintances....   | <input type="radio"/> |
| 31. I am satisfied with my life.....  | <input type="radio"/> |
| 32. I have trouble at work/school because of drinking or drug use.....<br>(If not applicable, mark "never")         | <input type="radio"/> |
| 33. I feel that something bad is going to happen.....   | <input type="radio"/> |
| 34. I have sore muscles.....  | <input type="radio"/> |
| 35. I feel afraid of open spaces, of driving, or being on buses,.....<br>subways, and so forth.                     | <input type="radio"/> |
| 36. I feel nervous.....   | <input type="radio"/> |
| 37. I feel my love relationships are full and complete.....   | <input type="radio"/> |
| 38. I feel that I am not doing well at work/school.....   | <input type="radio"/> |
| 39. I have too many disagreements at work/school.....   | <input type="radio"/> |
| 40. I feel something is wrong with my mind.....   | <input type="radio"/> |
| 41. I have trouble falling asleep or staying asleep.....  | <input type="radio"/> |
| 42. I feel blue.....  | <input type="radio"/> |
| 43. I am satisfied with my relationships with others.....   | <input type="radio"/> |
| 44. I feel angry enough at work/school to do something I might regret....   | <input type="radio"/> |
| 45. I have headaches.....   | <input type="radio"/> |

Developed by  
Michael J. Lambert, Ph.D.  
and  
Gary M. Burlingame, Ph.D.

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For More Information  
Contact:

AMERICAN  
PROFESSIONAL  
CREDENTIALING  
SERVICES LLC  
PO Box 970354  
Orem, Utah 84097-0354

E-MAIL:  
APCS@OQFAMILY.COM

WEB:  
WWW.OQFAMILY.COM  
TOLL-FREE: 1-888-MH  
SCORE, (1-888-647-2673)  
FAX: 1-801-434-9730