

Pre assessment questionnaire – Dr Scott Hall

Below is a list of problems and complaints that people sometimes have.

Please read each one carefully.

After you have done so, select one of the numbered descriptors that best describes **HOW MUCH THAT PROBLEM HAS BOTHERED OR DISTRESSED YOU DURING THE PAST WEEK, INCLUDING TODAY.**

Place an X in the space to the right of the problem to indicate how often you experience the problem and do not skip any items.

Please read the following example before beginning:

Example: In the previous week, how much were you bothered by:
Backaches

In this case, the respondent experienced backaches “a little bit” in the past week.



HOW MUCH WERE YOU BOTHERED BY:		NOT AT ALL	A LITTLE BIT	MODERATELY	QUITE A BIT	EXTREMELY
1.	Headaches					
2.	Nervousness or shakiness inside					
3.	Unwanted thoughts, words, or ideas that won't leave your mind					
4.	Faintness or dizziness					
5.	Loss of sexual interest or pleasure					
6.	Feeling critical of others					
7.	The idea that someone else can control your thoughts					
8.	Feeling others are to blame for most of your troubles					
9.	Trouble remembering things					
10.	Worried about sloppiness or carelessness					
11.	Feeling easily annoyed or irritated					
12.	Pains in heart or chest					
13.	Feeling afraid in open spaces or on the streets					
14.	Feeling low in energy or slowed down					
15.	Thoughts of ending your life					
16.	Hearing voices that other people do not hear					
17.	Trembling					
18.	Feeling that most people cannot be trusted					
19.	Poor appetite					

HOW MUCH WERE YOU BOTHERED BY:

		NOT AT ALL	A LITTLE BIT	MODERATELY	QUITE A BIT	EXTREMELY
20.	Crying easily					
21.	Feeling shy or uneasy with the opposite sex					
22.	Feeling of being trapped or caught					
23.	Suddenly scared for no reason					
24.	Temper outbursts that you could not control					
25.	Feeling afraid to go out of your house alone					
26.	Blaming yourself for things					
27.	Pains in lower back					
28.	Feeling blocked in getting things done					
29.	Feeling lonely					
30.	Feeling blue					
31.	Worrying too much about things					
32.	Feeling no interest in things					
33.	Feeling fearful					
34.	Your feelings being easily hurt					
35.	Other people being aware of your private thoughts					
36.	Feeling others do not understand you or are unsympathetic					
37.	Feeling that people are unfriendly or dislike you					
38.	Having to do things very slowly to insure correctness					
39.	Heart pounding or racing					
40.	Nausea or upset stomach					
41.	Feeling inferior to others					
42.	Soreness of your muscles					
43.	Feeling that you are watched or talked about by others					
44.	Trouble falling asleep					
45.	Having to check and double-check what you do					
46.	Difficulty making decisions					
47.	Feeling afraid to travel on buses, subways, trains					
48.	Trouble getting your breath					
49.	Hot or cold spells					
50.	Having to avoid certain things, places, or activities because they frighten you					
51.	Your mind going blank					
52.	Numbness or tingling in parts of your body					
53.	A lump in your throat					
54.	Feeling hopeless about the future					
55.	Trouble concentrating					

HOW MUCH WERE YOU BOTHERED BY:

		NOT AT ALL	A LITTLE BIT	MODERATELY	QUITE A BIT	EXTREMELY
56.	Feeling weak in parts of your body					
57.	Feeling tense or keyed up					
58.	Heavy feelings in your arms or legs					
59.	Thoughts of death or dying					
60.	Overeating					
61.	Feeling uneasy when people are watching or talking about you					
62.	Having thoughts that are not your own					
63.	Having urges to beat, injure, or harm someone					
64.	Awakening in the early morning					
65.	Having to repeat the same actions such as touching, counting, washing					
66.	Sleep that is restless or disturbed					
67.	Having urges to break or smash things					
68.	Having ideas or beliefs that others do not share					
69.	Feeling very self-conscious with others					
70.	Feeling uneasy in crowds, such as shopping or at a movie					
71.	Feeling everything is an effort					
72.	Spells of terror or panic					
73.	Feeling uncomfortable about eating or drinking in public					
74.	Getting into frequent arguments					
75.	Feeling nervous when you are left alone					
76.	Others not giving you proper credit for your achievements					
77.	Feeling lonely even when you are with people					
78.	Feeling so restless you couldn't sit still					
79.	Feelings of worthlessness					
80.	Feeling that familiar things are strange or unreal					
81.	Shouting or throwing things					
82.	Feeling afraid you will faint in public					
83.	Feeling that people will take advantage of you if you let them					
84.	Having thoughts about sex that bother you a lot					
85.	The idea that you should be punished for your sins					
86.	Feeling pushed to get things done					
87.	The idea that something serious is wrong with your body					
88.	Never feeling close to another person					
89.	Feelings of guilt					
90.	The idea that something is wrong with your mind					