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|  | Survey #1  Prior the hypnotic treatments  Instructions: Rate each of the following items in terms of how often the symptom is true for you during the last three months.  0= Never  1= Occasionally  2= Somewhat Often  3= Frequently  4= Almost Always  \_\_\_\_ 1) I feel little enthusiasm for doing my job.  \_\_\_\_ 2) I feel tired even with an adequate amount of sleep.  \_\_\_\_ 3) I feel frustrated in carrying out my responsibilities.  \_\_\_\_ 4) I am moody, irritable, or impatient over small inconveniences.  \_\_\_\_ 5) I want to withdraw form the constant demands on my time and energy.  \_\_\_\_ 6) I feel negative, futile, or depressed.  \_\_\_\_ 7) My decision-making ability seems less than usual.  \_\_\_\_ 8) I think that I am not as efficient as I should be.  \_\_\_\_ 9) The quality of my work is less than it should be.  \_\_\_\_10) I feel physically, spiritually, or emotionally depleted.  \_\_\_\_11) My resistance to illness is lowered.  \_\_\_\_12) My interest in sex is lowered.  \_\_\_\_13) I am eating more or less, drinking more coffee, tea, sodas, smoking more cigarettes or using more alcohol or drugs to cope with life.  \_\_\_\_14) I am feeling emotionally callous about the problems and needs of others.  \_\_\_\_15) My communciation with boss, co-workers, friends, or family seems strained.  \_\_\_\_16) I am forgetful.  \_\_\_\_17) I have difficulty concentrating.  \_\_\_\_18) I am easily bored.  \_\_\_\_19) I feel a sense of dissatisfaction, of something wrong or missing.  \_\_\_\_\_ Total number of points. |

*This Web Site is Best viewed with 256 or more colors.*

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