

Student ID

Number: _____

Date: _____

Group: _____

Complete and give this confidential questionnaire to your counselor. Reliable
Please use a dark pen or pencil and avoid stray marks. Marks



Marks That WON'T Scan or Will
Likely Cause Scanning Errors



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

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