

The 90-item symptom self-rating scale, SCL-90

surname and personal name:_____sex:_____age:_____Date of evaluation:_____

Evaluation start time:_____Evaluation and the end time:_____

The following table lists some people may have some problems, please read each article carefully, and then according to the recent week the following situation affect your actual feeling, in the five answers choose a best for your answer, on the corresponding options tick (1.No 2.Light 3.Medium 4.heavy 5.serious), the test takes about 10 minutes.

Serial number content is not very	No	light	medium	heavy	serious
1.Headaches.	1.()	2.()	3.()	4.()	5.()
2.Neurotic,insecure heart.	1.()	2.()	3.()	4.()	5.()
3.Have unnecessary thoughts or words in your mind.	1.()	2.()	3.()	4.()	5.()
4.Head-headed or faint.	1.()	2.()	3.()	4.()	5.()
5.Reduced interest in the opposite sex.	1.()	2.()	3.()	4.()	5.()
6.Blame the others.	1.()	2.()	3.()	4.()	5.()
7.Feel that others can control your thoughts.	1.()	2.()	3.()	4.()	5.()
8.Blame others for causing trouble.	1.()	2.()	3.()	4.()	5.()
9.Forget the big sex.	1.()	2.()	3.()	4.()	5.()
10.Worry about your neat clothes and good manners.	1.()	2.()	3.()	4.()	5.()
11.Easy to trouble and excitement.	1.()	2.()	3.()	4.()	5.()
12.Chest pain.	1.()	2.()	3.()	4.()	5.()
13.Fear of empty places or streets.	1.()	2.()	3.()	4.()	5.()
14.Feel your energy going down and your activity slowing down.	1.()	2.()	3.()	4.()	5.()
15.Want to end your own life.	1.()	2.()	3.()	4.()	5.()
16.Hear no voices.	1.()	2.()	3.()	4.()	5.()
17.Shake.	1.()	2.()	3.()	4.()	5.()
18.Feel that most people cannot be trusted.	1.()	2.()	3.()	4.()	5.()
19.Bad appetite	1.()	2.()	3.()	4.()	5.()
20.You can cry easily.	1.()	2.()	3.()	4.()	5.()
21.Feeling shy when being with the opposite sex	1.()	2.()	3.()	4.()	5.()
22.Feel cheated, in a trap or someone wants to catch you	1.()	2.()	3.()	4.()	5.()
23.Suddenly feel scared for no reason.	1.()	2.()	3.()	4.()	5.()
24.You can lose your temper, uncontrollable.	1.()	2.()	3.()	4.()	5.()
25.Afraid of going out alone.	1.()	2.()	3.()	4.()	5.()
26.Always blame yourself.	1.()	2.()	3.()	4.()	5.()
27.Low BP.	1.()	2.()	3.()	4.()	5.()

28. Feeling difficult to complete the task.	1. ()	2. ()	3. ()	4. ()	5. ()
29. Feel lonely.	1. ()	2. ()	3. ()	4. ()	5. ()
30. Feel depressed.	1. ()	2. ()	3. ()	4. ()	5. ()
31. Overdue concern.	1. ()	2. ()	3. ()	4. ()	5. ()
32. Not being interested in things.	1. ()	2. ()	3. ()	4. ()	5. ()
33. Be Afraid.	1. ()	2. ()	3. ()	4. ()	5. ()
34. My feelings are vulnerable.	1. ()	2. ()	3. ()	4. ()	5. ()
35. Others can know your private thoughts.	1. ()	2. ()	3. ()	4. ()	5. ()
36. Feel that others do not understand that you do not sympathize with you.	1. ()	2. ()	3. ()	4. ()	5. ()
37. Feel that people are not friendly to you and don't like you.	1. ()	2. ()	3. ()	4. ()	5. ()
38. You must do it slowly to ensure that you do it right.	1. ()	2. ()	3. ()	4. ()	5. ()
39. The heart beat very hard.	1. ()	2. ()	3. ()	4. ()	5. ()
40. nausea or stomach discomfort.	1. ()	2. ()	3. ()	4. ()	5. ()
41. Feel less than others.	1. ()	2. ()	3. ()	4. ()	5. ()
42. Muscular soreness.	1. ()	2. ()	3. ()	4. ()	5. ()
43. I feel someone watching you talking about you.	1. ()	2. ()	3. ()	4. ()	5. ()
44. Have difficulty falling asleep.	1. ()	2. ()	3. ()	4. ()	5. ()
45. Work must be checked repeatedly.	1. ()	2. ()	3. ()	4. ()	5. ()
46. Is difficult to make a decision.	1. ()	2. ()	3. ()	4. ()	5. ()
47. Fear of taking a tram, bus, subway or train of.	1. ()	2. ()	3. ()	4. ()	5. ()
48. Have difficulty in breathing.	1. ()	2. ()	3. ()	4. ()	5. ()
49. Cold or fever.	1. ()	2. ()	3. ()	4. ()	5. ()
50. Avoid something, occasion or activity because you feel afraid.	1. ()	2. ()	3. ()	4. ()	5. ()
51. My mind is getting empty.	1. ()	2. ()	3. ()	4. ()	5. ()
52. tingling or tingling.	1. ()	2. ()	3. ()	4. ()	5. ()
53. A ction in the throat.	1. ()	2. ()	3. ()	4. ()	5. ()
54. Feeling hopeless about the future.	1. ()	2. ()	3. ()	4. ()	5. ()
55. Unable to concentrate.	1. ()	2. ()	3. ()	4. ()	5. ()
56. Feel a certain part of your body feel weak.	1. ()	2. ()	3. ()	4. ()	5. ()
57. Feel nervous or easily nervous.	1. ()	2. ()	3. ()	4. ()	5. ()
58. Feel your hands or feet heavy.	1. ()	2. ()	3. ()	4. ()	5. ()
59. Think about death.	1. ()	2. ()	3. ()	4. ()	5. ()
60. Too much food.	1. ()	2. ()	3. ()	4. ()	5. ()
61. Feel uncomfortable when people look at you or talk about you.	1. ()	2. ()	3. ()	4. ()	5. ()
62. There are some ideas that are not of your own.	1. ()	2. ()	3. ()	4. ()	5. ()
63. Have the urge to hit or hurt others.	1. ()	2. ()	3. ()	4. ()	5. ()

64. Wake up too early.	1. ()	2. ()	3. ()	4. ()	5. ()
65. You must wash your hands, count them, or touch something repeatedly.	1. ()	2. ()	3. ()	4. ()	5. ()
66. Don't sleep steadily or not deep.	1. ()	2. ()	3. ()	4. ()	5. ()
67. Have the urge to break or destroy things.	1. ()	2. ()	3. ()	4. ()	5. ()
68. There are some thoughts or thoughts that no one else has.	1. ()	2. ()	3. ()	4. ()	5. ()
69. Feel nervous to others.	1. ()	2. ()	3. ()	4. ()	5. ()
70. Feel uncomfortable in places such as shops or cinemas.	1. ()	2. ()	3. ()	4. ()	5. ()
71. Feel that everything is very hard to do.	1. ()	2. ()	3. ()	4. ()	5. ()
72. A waves of fear or panic.	1. ()	2. ()	3. ()	4. ()	5. ()
73. Feeling uncomfortable with eating in public.	1. ()	2. ()	3. ()	4. ()	5. ()
74. Often argue with people.	1. ()	2. ()	3. ()	4. ()	5. ()
75. Nervous tension when alone.	1. ()	2. ()	3. ()	4. ()	5. ()
76. Others did not evaluate your performance properly.	1. ()	2. ()	3. ()	4. ()	5. ()
77. Feeling lonely even with others.	1. ()	2. ()	3. ()	4. ()	5. ()
78. Feel restless and restless.	1. ()	2. ()	3. ()	4. ()	5. ()
79. Feel like you have no value.	1. ()	2. ()	3. ()	4. ()	5. ()
80. Feeling familiar becomes strange or not seem real.	1. ()	2. ()	3. ()	4. ()	5. ()
81. Shaking or throw something.	1. ()	2. ()	3. ()	4. ()	5. ()
82. Fear of passing out in public.	1. ()	2. ()	3. ()	4. ()	5. ()
83. Feel that others want to take advantage of you.	1. ()	2. ()	3. ()	4. ()	5. ()
84. Troubled with ideas about sex.	1. ()	2. ()	3. ()	4. ()	5. ()
85. Think that he should be punished for his own fault.	1. ()	2. ()	3. ()	4. ()	5. ()
86. I feel like to get things done.	1. ()	2. ()	3. ()	4. ()	5. ()
87. Feel your serious physical problems.	1. ()	2. ()	3. ()	4. ()	5. ()
88. Never felt close to others.	1. ()	2. ()	3. ()	4. ()	5. ()
89. Feel yourself guilty.	1. ()	2. ()	3. ()	4. ()	5. ()
90. Feel something wrong with your brain.	1. ()	2. ()	3. ()	4. ()	5. ()