Data Entry Sheet

Name		Age:	Gender:	Male 🗆	Female	Date:	/	/
Other	Comments:							
Below	is a list of problems and complaints that people sometim	es have. Pleas	e read each o	ne caref	ully. After	you have	done so,	circle the
numbe	er on the right that best describes how much that problem	n has bothered	d or distress	ed you di	uring the p	ast 7 day.	s, includi	ng today
	only one number for each problem, and do not skip any							
				Not at all	A little bit	Moderately	Quite a bit	Extremely
1.	Feeling lonely			1	2	3	4	5
2.	Feeling blue			1	2	3	4	5
3.	Feeling no interest in things			1	2	3	4	5
4.	Feeling fearful			1	2	3	4	5
5.	The idea that someone else can control your thoughts			1	2	3	4	5
6.	Feeling others are to blame for most of your troubles			1	2	3	4	5
7.	Feeling afraid in open spaces or on the streets			1	2	3	4	5
8.	Hearing voices that other people do not hear			1	2	3	4	5
9.	Feeling that most people cannot be trusted			1	2	3	4	5
	Suddenly scared for no reason			1	2	3	4	5
	Temper outbursts that you could not control			1	2	3	4	5
	Feeling afraid to go out of your house alone			1	2	3	4	5
	Other people being aware of your private thoughts			1	2	3	4	5
14.	Feeling others do not understand you or are unsympati	hetic		1	2	3	4	5
	Feeling that people are unfriendly or dislike you	ictic		1	2	3	4	5
	Having to do things very slowly to ensure correctness			1	2	3	4	5
	Feeling inferior to others			1	2	3	4	5
	Soreness of your muscles			1	2	3	4	5
	Feeling that you are watched or talked about by others			1	2	3	4	5
20.	Having to check and double-check what you do			1	2	3	4	5
	Difficulty making decisions			1	2	3	4	5
	Feeling afraid to travel on buses, subways, or trains			1	2	3	4	5
	Hot or cold spells			1	2	3	4	5
	Having to avoid certain things, places, or activities bec	ause they frio	hten vou	1	2	3	4	5
25.	Your mind going blank	dase they mg	nten you	1	2	3	4	5
	Numbness or tingling in parts of your body			1	2	3	4	5
	Feeling hopeless about the future			1	2	3	4	5
	Trouble concentrating			1	2	3	4	5
	Feeling weak in parts of your body			1	2	3	4	5
30.	Feeling tense or keyed up			1	2	3	4	5
	Heavy feelings in your arms or legs			i	2	3	4	5
	Feeling uneasy when people are watching or talking ab	out vou		1	2	3	4	5
33.	Having thoughts that are not your own	oodi you		1	2	3	4	5
34.	Having urges to beat, injure, or harm someone			î	2	3	4	5
35.	Having urges to break or smash things			1	2	3	4	5
36.	Feeling very self-conscious with others			1	2	3	4	5
. 37.	Feeling uneasy in crowds, such as shopping or at a mo	vie	•	1	2	3	4	5
38.	Spells of terror or panic	, v 10		1	2	3	4	5
39.	Getting into frequent arguments			1	2	3	4	5
	Others not giving you proper credit for your achievement	ents		1	2	3	4	5
41.	Feeling so restless you couldn't sit still	CIIIS		1	2	3	4	5
42.	Feelings of worthlessness			1	2	3	4	5
43	Shouting or throwing things			1	2	3	4	5
44	Feeling that people will take advantage of you if you keep that people will take advantage of you if you keep the people will take advantage of your first people will take advantage of your first people will take advantage of your first people will be advantage of your first people will take advantage of your first people will be advantage.	et them		1	2	3	4	5
45	The idea that you should be punished for your sins	ct them		1	2	3	4	5
	and that you should be pullished for your sins			1	2	3	4	J