

SYMPTOM DISTRESS (Adapted from SCL-90 and BSI)

HAND CONSUMER PRINTED CARD CONTAINING THE ITEMS LISTED BELOW Please look at this card. Can you read it okay, or would you like some help? I am going to ask you some questions about how much you were distressed or bothered by some things during the last seven days. I'd like you to tell which of the answers on the card best described how you feel. Okay?

DURING THE PAST 7 DAYS ABOUT HOW MUCH WERE YOU DISTRESSED OR BOTHERED BY:	Not at All	A Little Bit	Moderately	Quite a Bit	Extremely
a. Nervousness or shakiness inside	1	2	3	4	5
b. Being suddenly scared for no reason	1	2	3	4	5
c. Feeling fearful	1	2	3	4	5
d. Feeling tense or keyed up	1	2	3	4	5
e. Spells of terror or panic	1	2	3	4	5
f. Feeling so restless you couldn't sit still	1	2	3	4	5
g. Heavy feelings in arms or legs	1	2	3	4	5
h. Feeling afraid to go out of your home alone	1	2	3	4	5
i. Feeling of worthlessness	1	2	3	4	5
j. Feeling lonely even when you are with people	1	2	3	4	5
k. Feeling weak in parts of your body	1	2	3	4	5
l. Feeling blue	1	2	3	4	5
m. Feeling lonely	1	2	3	4	5
n. Feeling no interest in things	1	2	3	4	5
o. Feeling afraid in open spaces or on the streets	1	2	3	4	5