

Table for self – assessment of mood and irritability

1. I feel cheerful

Yes, definitely 0
Yes, sometimes 1
No, not much 2
No, not at all 3

2. I have kept up my old interests

Yes, most of them 0
Yes, some of them 1
No, not many 2
No, None of them 3

3. I can laugh

Yes, definitely 0
Yes, sometimes 1
No, not much 2
No, not at all 3

4. I feel stressed in my life

Almost never 0
Once in a while 1
Often 2
Almost always 3

5. I'm awake before I need to get up

Not at all 0
For less than 45 minutes 1
For 1 1/2 hours or more 2
For 3 hours or more 3

6. I can easily sit and relax

Yes, definitely 0
Yes, sometimes 1
No, not much 2
No, not at all 3

7. I panic for no good reason

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

8. I feel tense or "worked up"

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

11. I suffer with "butterfly stomach"

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

12. I feel gloomy, negative, or hopeless

Almost never 0
Once in a while 1
Often 2
Almost always 3

13. I like myself

Almost always 0
Often 1
Once in a while 2
Almost never 3

14. I lose my temper and snap

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

15. I am patient with other people

Hardly ever 0
Some of the time 1
Most of the time 2
All of the time 3

16. I feel I might lose control

Never 0
Rarely 1
Occasionally 2
Frequently 3

17. People upset me and I feel like slamming doors

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

18. My thoughts race/ I have many ideas at once

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

19. I want to defy or refuse to comply with rules

Never 0
Rarely 1
Occasionally 2
Frequently 3

20. I am touchy or easily annoyed by others

Never 0
Rarely 1
Occasionally 2
Sometimes 3

21. I find myself worrying about my problems

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

22. I have frequent urges to smoke / drink

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

23. I have felt sad or depressed

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

24. I am bothered by negative moods such as anger, frustration

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

25. I find it hard to pay attention to things

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

26. I have no motivation

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

27. I find it difficult to think clearly

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

28. I have difficulty concentrating, remembering, making decisions

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

29. I fear going 'crazy', or doing something embarrassing

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

30. I am preoccupied and have intrusive thoughts and visualisations

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

31. Lately I feel like I am on an emotional roller coaster

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

32. I feel generally unhappy

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

33. My life is full and successful, yet I feel empty.

Not at all 0
Only occasionally 1
Yes, sometimes 2
Yes, often 3

34. I worry a lot, to the point that it impacts on my work and relationships.

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

35. I feel run down and fatigued

Never 0
Rarely 1
Occasionally 2
Sometimes 3

36. I struggle to sleep at night/wake up in the morning

Never 0
Rarely 1
Occasionally 2
Sometimes 3

37. My partner and I are struggling to communicate

Never 0
Rarely 1
Occasionally 2
Sometimes 3

38. I want to take excessive risks

Never 0
Rarely 1
Occasionally 2
Sometimes 3

39. Lately, I have been getting annoyed with myself

Very much so 3
Rather a lot 2
Not much 1
Not at all 0

40. I wish I could change things

No, not at all 0
No, not much 1
Yes, sometimes 2
Yes, definitely 3

41. In the past month I have felt:

Angry
Impatient
Blaming
Dissatisfied
Moody
Fearful
Discontented
Hypersensitive
Exhausted
Grumpy
Annoyed
Bored
Aggressive
Unloved
Unappreciated
Tense
Almost
Touchy
Tired
Unloving
Lonely
Hostile
Overwhelmed
Destructive
Demanding
Frustrated
Withdrawn
Mean
Sad
Scared
Numb
Explosive
Defensive
Urge to ignore my problems
Self-critical
Troubled
Urge to overeat
Urge to drink more alcohol
Highly excitable
Urge to hide behind TV, newspaper, or computer
Overworked
Tired but couldn't sleep
Impulsive
Worried
Argumentative
Sarcastic
Jealous
Uncompassionate
Uncommunicative
Urge to smoke more cigarettes
On edge
Distractible

42. My attention has:

Improved
No change
Became more distractible

43. My mood swings have:

Improved
No change
Mood swings increased

44. My hyperactivity or restlessness has:

Decreased
No change
Increased

45. My mental state of alertness and arousal has:

Increased
No Change
Decreased
Became Psychotic

46. Did any of the following behaviours emerge or become more exaggerate? (Choose all that apply)

Obsessions
Compulsions
Tics
Lies

SIGNED

