SYMPTOMS QUESTIONNAIRE

Name: _	Date:	

In recent weeks, how much have you been bothered by the following problems?

Please mark only one circle per item.

SECTION 1	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Losing or misplacing important items (e.g., keys, wallet, papers)	\circ	\circ	\circ	0	\bigcirc
Forgetting what people tell me	\circ	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Forgetting what I've read	\bigcirc	\circ	\bigcirc	\bigcirc	\bigcirc
Losing track of time	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Forgetting what I did yesterday	\bigcirc	\circ	\circ	\circ	\bigcirc
Forgetting things I've just learned	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Forgetting meetings/appointments	\bigcirc	\circ	\bigcirc	\bigcirc	\bigcirc
Forgetting to turn off appliances (e.g., iron, stove)	\circ	0	\circ	0	\circ

SECTION 2	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Trouble following conversations	\circ	\circ	\bigcirc	\bigcirc	\circ
Remembering only one or two steps when someone is giving me instructions or directions	0	0	0	\circ	0
Taking too long to figure out what someone is trying to tell me	\circ	\circ	\circ	\circ	\circ

SECTION 3	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Difficulty concentrating	\circ	\circ	\bigcirc	\bigcirc	\circ
Easily distracted	\circ	\circ	\circ	\circ	\circ
Difficulty concentrating in noisy environments	\circ	0	\circ	\circ	\circ
Difficulty following conversations	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\circ
Difficulty concentrating on challenging tasks, such as work or paying bills	0	\circ	\circ	\circ	\circ
SECTION 4	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Saying things without thinking	\circ	\bigcirc	\circ	\bigcirc	\circ
Doing things without thinking	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\circ
Not following directions	\circ	\circ	\circ	\bigcirc	\circ
Dominating conversations	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\circ
Interrupting when others are speaking	\circ	\bigcirc	\bigcirc	\bigcirc	0
SECTION 5	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Feeling physical pain	\circ	\bigcirc	\circ	\bigcirc	\circ
Getting enough sleep	\circ	\circ	\bigcirc	\bigcirc	\circ
Feeling fatigue	\circ	\bigcirc	\circ	\circ	\circ
Feeling sensitive to light	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc

SECTION 5	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Focusing my eyes	\bigcirc	\bigcirc	\bigcirc	\bigcirc	0
Difficulty telling how near or far away objects are (depth perception)	\circ	\circ	\circ	\circ	\circ

SECTION 6	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Difficulty understanding what people tell me	\circ	\circ	0	0	\circ
Difficulty understanding what I've read	\circ	\circ	\bigcirc	\circ	\bigcirc
Difficulty finding the right word when speaking	\circ	\circ	\circ	0	\circ
Difficulty getting people to understand what I am trying to say	\circ	\circ	\circ	\circ	\bigcirc
Difficulty writing emails, papers, etc.	\circ	\circ	\circ	\circ	\bigcirc

SECTION 7	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Difficulty keeping to a schedule	\bigcirc	\circ	\circ	\circ	\bigcirc
Difficulty prioritizing tasks	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Difficulty starting tasks	\bigcirc	\circ	\circ	\circ	\bigcirc
Difficulty switching from one task to another	\bigcirc	\circ	\bigcirc	\circ	\circ
Difficulty completing tasks	\bigcirc	\circ	\bigcirc	\circ	\bigcirc
Difficulty completing tasks correctly	\bigcirc	\circ	\bigcirc	\circ	\bigcirc

SECTION 7	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
Keeping up with time-sensitive tasks (e.g., bill pay, work)	\circ	\circ	\circ	0	0
	I do not	l experience		l am	l am
SECTION 8	experience this problem at all	this problem but it does not bother me	I am mildly bothered by this problem	moderately bothered by this problem	extremely bothered by this problem
Difficulty deciding what to do when faced with a new problem	0	\circ	\circ	\circ	0
Difficulty changing my mind once I've made a decision	\circ	\circ	\circ	\bigcirc	\circ
Difficulty learning a new way of doing things	\circ	\circ	\circ	0	0
Struggling to understand why people do things differently than me	\circ	\circ	\circ	\circ	\circ
SECTION 9	I do not experience this problem at all	I experience this problem but it does not bother me	I am mildly bothered by this problem	I am moderately bothered by this problem	I am extremely bothered by this problem
SECTION 9 Feeling anxiety	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
Feeling anxiety	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
Feeling anxiety Feeling irritation	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
Feeling anxiety Feeling irritation Crying easily	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
Feeling anxiety Feeling irritation Crying easily Feeling depression	experience this problem	this problem but it does not	bothered by	moderately bothered by	extremely bothered by
Feeling anxiety Feeling irritation Crying easily Feeling depression Feeling traumatized	experience this problem at all	this problem but it does not bother me	bothered by this problem	moderately bothered by this problem	extremely bothered by this problem
Feeling anxiety Feeling irritation Crying easily Feeling depression Feeling traumatized Overreacting to events I give permission for the information I added	experience this problem at all	this problem but it does not bother me	bothered by this problem O O O Che MINDSOURG	moderately bothered by this problem	extremely bothered by this problem