

Name _____ Age _____ Sex _____ Date _____



Hope without Hype, Guidance without Judgment
STRONGHOLD COUNSELING SERVICES, INC.
 625 S. Minnesota Avenue, Suite 201

Diagnostic Screening

*Adapted from Fran Miller, RN, MSN, BC
 My Mental Health Medication Workbook (PESI 2006)*

Directions: Please circle the appropriate answer per item based on the frequency scale. Note: Some questions are True/False. Please circle the appropriate answer.

Frequency Scale: 1= Never 2= Sometimes 3= Often 4= Always

<u>Symptoms</u>	<u>Current</u> Frequency(circle)
1. I feel sad, blue, or unhappy	1 2 3 4
2. I can't concentrate	1 2 3 4
3. I feel tired and have no energy	1 2 3 4
4. I feel uneasy, restless, or irritable	1 2 3 4
5. I have a "short fuse"	1 2 3 4
6. I am always nice, even to people who are not nice	TRUE FALSE
7. I have trouble sleeping	1 2 3 4
8. I eat too little or too much	1 2 3 4
9. I have lost interest in many things I used to enjoy.	1 2 3 4
10. I have trouble making decisions	1 2 3 4
11. I feel worthless or have guilt for no reason	1 2 3 4
12. I want to die, or kill/hurt myself	1 2 3 4
13. I worry excessively	1 2 3 4
14. I have physical symptoms like shortness of breath, heart palpitations, sweaty palms, nervousness, tremors	1 2 3 4
15. I feel like I will lose control	1 2 3 4
16. I am always willing to admit when I make a mistake	TRUE FALSE
17. I feel fearful	1 2 3 4
18. I am afraid to go places	1 2 3 4
19. I have recurrent thoughts	1 2 3 4
20. I feel compelled to repeat my actions or behaviors	1 2 3 4
21. I feel excited	1 2 3 4

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22.	I get upset easily	1 2 3 4
23.	My thoughts are fast and sometimes race	1 2 3 4
24.	I have more energy than normal	1 2 3 4
25.	I don't sleep	1 2 3 4
26.	I have trouble sitting still	1 2 3 4
27.	I am easily distracted	1 2 3 4
28.	I do things I normally don't do like impulsively spending a lot of money, gambling, drinking, or sexual activity	1 2 3 4
29.	There have been times when I took advantage of someone	TRUE FALSE
30.	I have mood swings	1 2 3 4
31.	I get so depressed, I don't get out of bed or get dressed.	1 2 3 4
32.	I persistently relive upsetting events of the past	1 2 3 4
33.	I have bad dreams, nightmares	1 2 3 4
34.	There have been times when I was mad at an adult even though I knew they were right	TRUE FALSE
35.	I avoid reminders of the traumatic event(s)	1 2 3 4
36.	I have angry outbursts	1 2 3 4
37.	I fear for my safety (and the safety of my children)	1 2 3 4
38.	I have difficulty concentrating	1 2 3 4
39.	I am moody	1 2 3 4
40.	I have a lot of anxiety	1 2 3 4
41.	I feel depressed	1 2 3 4
42.	I can't control my anger even in public places	1 2 3 4
43.	I act impulsively	1 2 3 4
44.	I have difficulty managing all my emotions	1 2 3 4
45.	I have difficulty with conflict	1 2 3 4
46.	I am overly aggressive	1 2 3 4
47.	I am overly sensitive	1 2 3 4
48.	I become easily frustrated	1 2 3 4
49.	I have trouble in relationships	1 2 3 4
50.	I have trouble getting along with my co-workers or other people	1 2 3 4
51.	I am easily distracted	1 2 3 4
52.	There have been times when I felt like swearing or smashing things	TRUE FALSE
53.	I have difficulty staying focused	1 2 3 4

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54.	I have difficulty being organized	1 2 3 4
55.	I am frequently losing things	1 2 3 4
56.	I am restless, "hyper"	1 2 3 4
57.	I am impulsive	1 2 3 4
58.	I can't wait my turn	1 2 3 4
59.	I can't remember things	1 2 3 4
60.	I easily get confused	1 2 3 4
61.	I have trouble concentrating	1 2 3 4
62.	I have trouble learning things	1 2 3 4
63.	How often have you used alcohol or other drugs while skydiving from an airplane?	1 2 3 4
64.	My brain does not work right	1 2 3 4
65.	I have a hard time understanding what people say to me.	1 2 3 4
66.	I hear or see things that are not real, or that others can't see or hear	1 2 3 4
67.	My thoughts are disorganized or confusing	1 2 3 4
68.	I hear voices telling me to do certain things	1 2 3 4
69.	I fear that others will harm me	1 2 3 4
70.	I think people are against me	1 2 3 4
71.	I acquired alcohol or drugs from a traffic cop	1 2 3 4
72.	I find it hard to pay attention	1 2 3 4
73.	I have a hard time talking to others	1 2 3 4
74.	I don't like to be around others	1 2 3 4
75.	I don't like to do anything	1 2 3 4
76.	I don't care about my appearance	1 2 3 4
77.	I have tricked people by using counterfeit or fake money	1 2 3 4
78.	I have difficulty getting to sleep	1 2 3 4
79.	I have difficulty staying asleep	1 2 3 4
80.	I do not have a restful sleep	1 2 3 4