BRIEF SYMPTOM INVENTORY

HOW MUCH WERE YOU STRESSED BY:

	0=Not at all 1=A little bit 2=Moderately 3=Quite a bit	4=Extremely					
1	Nervouseness or shakiness inside	0	1	2	3	4	
2	Faintness or dizziness	0	1	2	3	4	
3	The idea that someone else can control your thoughts	0	1	2	3	4	
4	Feeling others are to blame for most of your troubles	0	1	2	3	4	
5	Trouble remembering things	0	1	2	3	4	
6	Feeling easily annoyed or irritated	0	1	2	3	4	
7	Pains in heart or chest	0	1	2	3	4	
8	Feeling afraid in open spaces or on the streets	0	1	2	3	4	
9	Thoughts of ending your life	0	1	2	3	4	
10	Feeling that most people cannot be trusted	0	1	2	3	4	
11	Poor appetite	0	1	2	3	4	
12	Suddenly scared for no reason	, 0	1	2	3	4	
13	Temper outbursts that you could not control	0	1	2	3	4	
14	Feeling lonely	0	1	2	3	4	
15	Feeling blocked in getting things done	0	1	2	3	4	
16	Feeling lonely even when you are with people	0	1	2	3	4	
17	Feeling blue	0	1	2	3	4'	
18	Feeling no interest in things	0	1	2	3	4	
19	Feeling fearful	0	1	2	3	4	
20	Your feelings being easily hurt	0	1	2	3	4	
21	Feeling that people are unfriendly or dislike you	0	1	2	3	4	
22	Feeling inferior to others	0	1	2	3	4	
23	Nausea or upset stomach	0	1	2	3	4	
24	Feeling that you are being watched or talked about by others	0	1	2	3	4	
25	Trouble falling asleep	0	1	2	3	4	
26	Having to check and double-check what you do	0	1	2	3	4	
27	Difficulty making decisions	0	1	2	3	4	
		NATURE PROPERTY AND	MARKANIA MARKANIA	KAZINEN ANTONIO	OLEN SERVICE	ANDRESSEEDING	

(0=Not at all 1=A little bit 2=Moderately 3=Quite a bit			4=Extremely				
28	Feeling afraid to travel on buses, subways, or trains	0	1	2	3	****		
29	Trouble getting your breath	0	1	2	3			
30	Hot or cold spells	0	1	2	3			
31	Having to avoid certain things, places or activities because of fear	0	1	2	3			
32	Your mind going blank	0	1	2	3	t Polonies		
33	Numbness or tingling in parts of your body	0	1	2	3			
34	The idea that you should be punished for your sins	0	1	2	3			
35	Feeling hopeless about the future	0	1	2	3			
36	Trouble concentrating	0	1	2	3			
37	Feeling weak in parts of your body	0	1	2	3			
38	Feeling tense or keyed up	0	1	2	3			
39	Thoughts of death or dying	0	1	2	3	news.		
40	Having urges to beat, injure, or harm someone	0	1	2	3	No.		
41	Having urges to break or smash things	0	1	2	3			
42	Feeling very self-conscious with others	0	1	2	3			
43	Feeling uneasy in crowds, such as shopping or at a movie	0	1	2	3			
44	Never feeling close to another person	0	1	2	3	2000000		
45	Spells of terror or panic	0	1	2	3	-		
46	Getting into frequent arguments	0	1	2	3			
47	Feeling nervous when you are left alone	0	1	2	3			
48	Others not giving you proper credit for your achievements	0	1	2	3			
49	Feeling so restless you couldn't sit still	0	1	2	3			
50	Feelings of worthlessness	0	1	2	3			
51	Feeling that people will take advantage of you if you let them	0	1	2	3			
52	Feelings of guilt	0	1	2	3			
53	The idea that something is wrong with your mind	0	1	2	3	<u>Annama</u>		

Signature:	Date: