

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					0 1 2 3 4
2					0 1 2 3 4
3					0 1 2 3 4
4					0 1 2 3 4
5					0 1 2 3 4
6					0 1 2 3 4
7					0 1 2 3 4
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15					0 1 2 3 4
16					0 1 2 3 4
17					0 1 2 3 4
18					0 1 2 3 4
19					0 1 2 3 4
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23					0 1 2 3 4
24					0 1 2 3 4
25					0 1 2 3 4
26					0 1 2 3 4
27					0 1 2 3 4

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	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 4
29	Trouble getting your breath				0 1 2 3 4
30	Hot or cold spells				0 1 2 3 4
31	Having to avoid certain things, places or activities because of fear				0 1 2 3 4
32	Your mind going blank				0 1 2 3 4
33	Numbness or tingling in parts of your body				0 1 2 3 4
34	The idea that you should be punished for your sins				0 1 2 3 4
35	Feeling hopeless about the future				0 1 2 3 4
36	Trouble concentrating				0 1 2 3 4
37	Feeling weak in parts of your body				0 1 2 3 4
38	Feeling tense or keyed up				0 1 2 3 4
39	Thoughts of death or dying				0 1 2 3 4
40	Having urges to beat, injure, or harm someone				0 1 2 3 4
41	Having urges to break or smash things				0 1 2 3 4
42	Feeling very self-conscious with others				0 1 2 3 4
43	Feeling uneasy in crowds, such as shopping or at a movie				0 1 2 3 4
44	Never feeling close to another person				0 1 2 3 4
45	Spells of terror or panic				0 1 2 3 4
46	Getting into frequent arguments				0 1 2 3 4
47	Feeling nervous when you are left alone				0 1 2 3 4
48	Others not giving you proper credit for your achievements				0 1 2 3 4
49	Feeling so restless you couldn't sit still				0 1 2 3 4
50	Feelings of worthlessness				0 1 2 3 4
51	Feeling that people will take advantage of you if you let them				0 1 2 3 4
52	Feelings of guilt				0 1 2 3 4
53	The idea that something is wrong with your mind				0 1 2 3 4

Signature: _____ Date: _____