# BEHAVIORAL HEALTH QUESTIONNAIRE

Name: Date:

Please check any symptoms you may be experiencing today or on a regular basis over the past two weeks. Then put a star next to the three which cause you the most problem and interfere with your life the most.

- ☐ Poor appetite and/or weight loss*
- ☐ Overeating and/or weight gain*
- ☐ Difficulty falling asleep or staying asleep*
- ☐ Sleeping too much*
- ☐ Feelings of worthlessness*
- ☐ Crying spells
- ☐ Low self-esteem
- ☐ Difficulty breathing
- ☐ Fear of loss of control or going crazy
- ☐ Sadness, loneliness*
- ☐ Difficulty making decisions
- ☐ Trouble concentrating*
- ☐ Irritability
- ☐ Feelings of hopelessness*
- ☐ Suicidal thoughts**
- ☐ Suicidal plan**
- ☐ History of suicide attempts
- ☐ Homicidal thoughts
- ☐ Lack of interest or motivation
- ☐ Anxiety*
- ☐ Loss of interest in sex
- ☐ Loss of enjoyment in usual activities*
- ☐ Isolation from friends and family
- ☐ Poor self-care, cleanliness, hair appearance
- ☐ Muscle tension
- ☐ Restlessness or feeling agitated*
- ☐ Trouble getting along with people
- ☐ Tire easily*
- ☐ Low energy*
- ☐ Racing heartbeat
- ☐ Tightness in chest
- ☐ Fear of having heart attack or dying
- ☐ Numbness or tingling sensations
- ☐ Headaches
- ☐ Chills or hot flashes
- ☐ Digestive or GI problems
- ☐ Menstrual problems
- ☐ Frequent pain (where?)*
- ☐ High risk activities (business, financial, legal, sexual)
- ☐ Excessive spending
- ☐ Racing thoughts
- ☐ Talking too fast
- ☐ Shoplifting or stealing
- ☐ Very little need for sleep, (2-3 hrs/night)*
- ☐ Binge eating
- ☐ Regular use of laxatives
- ☐ Other eating disorder
- ☐ Excessive exercising
- ☐ Self-induced vomiting
- ☐ Self-mutilation
- ☐ Often angry
- ☐ Physically aggressive toward others
- ☐ Swearing or name calling during arguments
- ☐ Throwing or breaking things during arguments
- ☐ Inattentive
- ☐ Careless mistakes
- ☐ Forgetful
- ☐ Disorganized
- ☐ Easily distracted
- ☐ Trouble listening
- ☐ Avoid/dislike mental tasks
- ☐ Often lose things
- ☐ Feel driven/on the go
- ☐ Hyperactivity*
- ☐ Fidget a lot
- ☐ Often interrupt people/blurt out answers before questions are completed
- ☐ Impulsive
- ☐ Anger outbursts
- ☐ Nightmares related to past trauma
- ☐ Recurrent/distressful thoughts of past trauma
- ☐ Acting/feeling as if re-experiencing past trauma
- ☐ Repeating behaviors like counting or checking
- ☐ Significant debt or relationship problems due to gambling
- ☐ Gambling to escape problems
- ☐ Excessive pre-occupation with sex
- ☐ Excessive shopping
- ☐ Use of alcohol/drugs to feel better
- ☐ Hearing voices/sounds that might not be there
- ☐ Seeing things that might not be there
- ☐ Other types of hallucinations

THINGS THAT ARE STRESSFUL TODAY:

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(Thanks to Noel Holdsworth, DNH, PMHNP, BC, CTS, for the creation of this checklist)