

CMH PAIN MANAGEMENT SERVICES, LLC

SYMPTOMS CHECK LIST

Instructions: Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, please circle one of the numbers to the right that best describes **how much discomfort that problem has caused you during the past two months, including today. Do not skip any items.**

How much are you bothered by?	Not at all	A Little Bit	Moderately	Quite a Bit	Extremely
1. Headaches	0	1	2	3	4
2. Faintness or dizziness	0	1	2	3	4
3. Pains in Heart or Chest	0	1	2	3	4
4. Pain in Lower Back	0	1	2	3	4
5. Nausea or Upset Stomach	0	1	2	3	4
6. Soreness of Muscles	0	1	2	3	4
7. Trouble getting your breath	0	1	2	3	4
8. Hot or cold spells	0	1	2	3	4
9. Numbness/tingling any body parts	0	1	2	3	4
10. Lump in Throat	0	1	2	3	4
11. Feeling weak any body parts	0	1	2	3	4
12. Heavy feeling in arms	0	1	2	3	4
13. Repeated unpleasant thoughts	0	1	2	3	4
14. Trouble remembering things	0	1	2	3	4
15. Worried about sloppiness/carelessness	0	1	2	3	4
16. Not able to get things done	0	1	2	3	4
17. Doing things slowly	0	1	2	3	4
18. Check/double check things	0	1	2	3	4
19. Difficulty making decisions	0	1	2	3	4
20. Mind going Bland	0	1	2	3	4
21. Trouble Concentrating	0	1	2	3	4
22. Repeat actions	0	1	2	3	4
23. Feeling critical to others	0	1	2	3	4
24. Shy or uneasy with opposite sex	0	1	2	3	4
25. Feeling being easily hurt	0	1	2	3	4
26. Others don't understand you	0	1	2	3	4
27. People are unfriendly don't like you	0	1	2	3	4
28. Feeling inferior to others	0	1	2	3	4
29. Feeling uneasy w/people watching/talking al	0	1	2	3	4
30. Feeling self-conscious	0	1	2	3	4
31. Uncomfortable eating drinking in public	0	1	2	3	4
32. Loss of sexual interest/pleasure	0	1	2	3	4
33. Low on energy	0	1	2	3	4
34. Thoughts of ending life	0	1	2	3	4
35. Cry easily	0	1	2	3	4
36. Feeling caught/trapped	0	1	2	3	4
37. Blaming yourself for things	0	1	2	3	4
38. Feeling lonely	0	1	2	3	4
39. Feeling blue	0	1	2	3	4

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40. Worry about things	0	1	2	3	4
41. No interest in things	0	1	2	3	4
42. Hopeless about future	0	1	2	3	4
43. Everything is an effort	0	1	2	3	4
44. Feeling worthlessness	0	1	2	3	4
45. Nervousness/shakiness	0	1	2	3	4
46. Trembling	0	1	2	3	4
47. Scared for no reason	0	1	2	3	4
48. Feeling Fearful	0	1	2	3	4
49. Heart pounding/racing	0	1	2	3	4
50. Feeling tense/keyed up	0	1	2	3	4
51. Spell of terror/panic	0	1	2	3	4
52. Restless unable to set still	0	1	2	3	4
53. Feel that something bad	0	1	2	3	4
is going to happen	0	1	2	3	4
54. Thoughts/images of	0	1	2	3	4
Threatening nature	0	1	2	3	4
55. Easily annoyed/irritated	0	1	2	3	4
56. Having urges to break things	0	1	2	3	4
57. Getting in frequent arguments	0	1	2	3	4
58. Shouting/throwing things	0	1	2	3	4
59. Afraid in open spaces/streets	0	1	2	3	4
60. Afraid to go out of house alone	0	1	2	3	4
61. Afraid to travel buses,trains etc	0	1	2	3	4
62. Avoid things because they	0	1	2	3	4
Frighten you	0	1	2	3	4
63. Feeling uneasy in crowds	0	1	2	3	4
64. Nervous when left alone	0	1	2	3	4
65. Feel you will faint in public	0	1	2	3	4
66. Blame others for your troubles	0	1	2	3	4
67. Cannot trust most people	0	1	2	3	4
68. Idea/beliefs others don't share	0	1	2	3	4
69. Not getting credit for achievements	0	1	2	3	4
70. Feel that people take advantage of you	0	1	2	3	4
71. Someone else controls your thoughts	0	1	2	3	4
72. Hear voices	0	1	2	3	4
73. Other aware of private thoughts	0	1	2	3	4
74. Having thoughts that are not your own	0	1	2	3	4
75. Feel lonely even with people	0	1	2	3	4
76. Thoughts about sex/bother you	0	1	2	3	4
77. Feel that something serious is	0	1	2	3	4
Wrong with your body	0	1	2	3	4
78. Never feeling close to another person	0	1	2	3	4
79. Something is wrong with your mind	0	1	2	3	4
80. Poor appetite	0	1	2	3	4
81. Trouble falling asleep	0	1	2	3	4
82. Awakening in the early am	0	1	2	3	4
83. Sleep that's restless/disturbed	0	1	2	3	4
84. Thoughts of death/dying	0	1	2	3	4
85. Feeling of guilt	0	1	2	3	4