

The Hope Project Symptom Checklist

Please read all directions carefully and rate only what you actually have experienced, not what you think you should report. This is a list of problems people sometimes have individually or in their relationship. Please answer how much you were bothered or upset by this problem in the last 2 weeks, including today.

	None	Somewhat	Most	All the time	Not in the last 2 weeks, but in past
1. Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Being irritated or bothered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Feel extremely positive about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Difficulty remembering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. See or hear things that aren't there	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Don't feel anything (no positive or negative feelings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Only need a few hours of sleep to get going again	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Going on a spending spree I can't afford	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Sexual behavior that is risky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Pounding heart, accelerated heart rate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Trembling, shaking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Shortness of breath, choking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Fear of losing control or going crazy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Fear of dying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Feeling you are not yourself, unreal, detached	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Fear of leaving my house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Fear of talking to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Thinking about problems so that it interferes with everyday tasks like driving or cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Thoughts that intrude into your life that you don't want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Checking things repeatedly to make sure I am OK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	None	Somewhat	Most	All the time	Not in the last 2 weeks, but in past
23. Repeating things like hand washing or ordering things	0	0	0	0	0
24. Feeling others are talking about you	0	0	0	0	0
25. Nightmares or night terrors	0	0	0	0	0
26. Memories of a traumatic event like abuse, accident or injury	0	0	0	0	0
27. Being jumpy or easily startled	0	0	0	0	0
28. Being restless, keyed up or on edge	0	0	0	0	0
29. Unwanted attraction to someone of the same sex	0	0	0	0	0
30. Pain during intercourse	0	0	0	0	0
31. Difficulty with erection, sexual excitement or orgasm	0	0	0	0	0
32. Feeling inadequate sexually	0	0	0	0	0
33. Feeling inadequate as a man or a woman	0	0	0	0	0
34. Having sexual thoughts you don't want	0	0	0	0	0
35. Use of pornography	0	0	0	0	0
36. Eating much more than I need in one sitting	0	0	0	0	0
37. Using hours of exercise, laxatives or vomiting to lose weight	0	0	0	0	0
38. Feeling fat, disgusted with your body	0	0	0	0	0
39. Insomnia / lack of sleep	0	0	0	0	0
40. Problems with gambling	0	0	0	0	0

Hope Project Symptom Checklist Instructions for Clinicians

Highlight or circle questions answered “most” or “all” of the time. Examine questions answered These symptoms relate to common adult DSM diagnoses, but some symptoms relate to several possible diagnoses. Use the checklist to assist you in narrowing down if there is a possible diagnosis- however don’t depend on it. This is intended just to help make the individual intake more efficient. For the “not in last 2 weeks but has happened” questions assess for a history of a disorder which could influence their relationship. If a client is rating many things high consider if there is a pattern of “cry for help” or dependency in other ways. Think of diagnosis as a set of hypotheses for which you need to find enough evidence for one hypotheses to qualify the person for a diagnosis. In couples therapy sometimes no one has a diagnosis. If one appears to have a diagnosis then consider the effects of that on both partners and their relationship in your assessment.

This checklist is intended for a screening to assist the clinician in a proper diagnostic interview, not for clinical diagnosis. Clinicians should work within their competency. This checklist can be used for clinical use.

1. Anxiety	Anxiety disorders, adjustment disorder, ADHD
2. Being irritated or bothered	Mood disorders
3. Feel extremely positive about myself	Mania or normal good self esteem
4. Difficulty concentrating	Mood disorders, ADHD, PTSD, cognitive disorders
5. Difficulty remembering things	Mood disorders, cognitive disorders, psychotic disorders
6. See or hear things that aren’t there	Psychotic disorders
7. Don’t feel anything (no positive or negative feelings)	Mood disorders with atypical features, Dissociative disorders, Axis II
8. Only need a few hours of sleep to get going again	Anxiety disorder, Bipolar
9. Easily distracted	Mood disorder, mania, ADHD
10. Going on a spending spree I can’t afford	Mania, impulse control disorder
11. Sexual behavior that is risky	Mania, impulse control disorder, ADHD, sexual disorder
12. Pounding heart, accelerated heart rate	Anxiety disorder, panic attack
13. Trembling, shaking	Anxiety disorder, panic attack
14. Shortness of breath, choking	Anxiety disorder, panic attack
15. Fear of losing control or going crazy	Anxiety disorder, panic attack, phobia
16. Fear of dying	Anxiety disorder, panic attack, phobia
17. Feeling you are not yourself, unreal, detached	Dissociative disorders
18. Fear of leaving my house	Agoraphobia
19. Fear of talking to other people	Social phobia

20. Thinking about problems so that it interferes with everyday tasks like driving or cooking	Rumination associated with mood disorders, PTSD, OCD
21. Thoughts that intrude into your life that you don't want	OCD, PTSD, anxiety disorder
22. Checking things repeatedly to make sure I am OK	OCD
23. Repeating things like hand washing or ordering things	OCD
24. Feeling others are talking about you	Paranoia, phobias, anxiety
25. Nightmares or night terrors	PTSD, anxiety disorder
26. Memories of a traumatic event like abuse, accident or injury	PTSD
27. Being jumpy or easily startled	PTSD, anxiety disorder
28. Being restless, keyed up or on edge	PTSD, anxiety disorder, agitated version of depression
29. Unwanted attraction to someone of the same sex	Gender identity disorder. In couples assess for role of same sex desires or behavior in the couple
30. Pain during intercourse	Sexual pain disorder, medical condition, sexually inexperienced
31. Difficulty with erection, sexual excitement or orgasm	Arousal or orgasmic sexual disorders, extreme dissatisfaction in relationship
32. Feeling inadequate sexually	Sexual disorder, depression, low self-esteem
33. Feeling inadequate as a man or a woman	Gender identity disorder, depression, low self-esteem
34. Having sexual thoughts you don't want	Paraphilia, gender identity disorder, struggle with sexual morality issues
35. Use of pornography	Paraphilia, struggle with sexual morality issues, assess role in couples' intimacy
36. Eating much more than I need in one sitting	Eating disorder
37. Using hours of exercise, laxatives or vomiting to lose weight	Eating disorder
38. Feeling fat, disgusted with your body	Eating disorder
39. Insomnia / lack of sleep	Mood disorders
40. Problems with gambling	Impulse control disorder, ADHD, Axis II, or simple gambling "addiction"