

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Symptom Check List for Mood Disorders for Adults

PATIENT TO FILL OUT

<b>(Please check all appropriate symptoms)</b>					
<b>SYMPTOMS AND BEHAVIORS</b>	<b>Past</b>	<b>Present</b>		<b>Past</b>	<b>Present</b>
			21. Have mood swings		
1. Repeated complaints of physical symptoms			22. Often take excessive risks		
2. Marked changes in appetite			23. Easily distracted by extraneous stimuli		
3. Often have cravings for carbohydrates or sweets			24. Have periods of inflated self-esteem or grandiosity		
4. Periods of extreme sadness			25. Have engaged in unrestrained buying sprees		
5. Elevated or irritable mood greater than 1hr/day			26. Often blurt out answers to questions		
6. Elevated or irritable mood greater than 6hrs/day			27. Have difficulty engaging in pleasurable activities		
7. Elevated or irritable mood greater than 2 days			28. Extremely sensitive to sensory stimuli		
8. Depressed mood greater than 1hr/day			29. Often have difficulty organizing tasks		
9. Depressed mood greater than 6hrs/day			30. Often lose things necessary for tasks		
10. Depressed mood 1-2 days in duration			31. Often reluctant to engage in tasks		
11. Depressed mood greater than 2 days in duration			32. Often fidget with hands or feet		
12. Have suicidal thoughts often			33. Often leave seat at work		
13. Have cut self with sharp instrument			34. Often have difficulty waiting		
14. Have made suicide attempt			35. Often interrupt or intrude on others		
15. Have difficulty getting to sleep at night			36. Demonstrate an inability to concentrate at work		
16. Often awake in the middle of the night			37. Frequently attempt to avoid work		
17. Frequently oversleep			38. Illicit drug use		
18. Have decreased need to sleep			39. Alcohol use		
19. At times have very fast speech			40. Migraine headaches		
20. Thoughts race/have many ideas at once			41. Speech difficulties		
			specify: _____		
	<b>Past</b>	<b>Present</b>		<b>Past</b>	<b>Present</b>

42. Panic symptoms- marked anxiety attacks			68. Often blame other for my own mistakes		
43 Excessive anxiety or worry (apprehensive expectation)			69. Often touchy or easily annoyed by others		
44. Anxiety causes impairment in social functioning			70. Often angry and resentful		
45. Marked and specific fear of closed spaces			71. Have marked persistent fear of social or performance situation		
46. Marked and specific fear of authority figures			72. Increased sexual interest		
47. Marked and specific fear of heights			73. Increased sexual behavior		
48. Marked or specific fear of crowded places			74. Other:		
49. Hear voices					
50. Paranoid thinking					
51. Bizarre behavior specify: _____					
52. Recurrent anxiety-producing thoughts or impulses					
53. Repetitive mental acts (counting, repeating words silently)					
54. Frequent and repetitive checking behavior					
55. Frequent and repetitive handwashing					
56. Tics: recurrent stereotyped movement or vocalization					
57. Frequently lie					
58. Have deliberately engaged in fire setting.					
59. Frequently mischievous					
60. Often bully, threaten, or intimidate others					
61. Often initiate physical fights					
62. Have deliberately destroyed others property					
63. Have broken into someone's house					
64. Often lie to obtain good or favors overnight at least twice					
65. Often lose temper					
66. Often argue with others					
67. Often defy or refuse to comply with rules					

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