

Symptom Checklist

Client: _____

Date: _____

Please check or circle all that apply:

DEPRESSION

Feel sad/crying
Irritable
Not hungry
Eating a lot
Can't sleep
Restless
Fidgety
Tired/oversleep
No energy/fatigue
Worthless/guilt
No concentration
Loss of interest
Thoughts of death

MANIA

Talk a lot
Racing thoughts
Distracted
Hyper
Risky behavior
Impulsive
Grandiosity
Euphoria
Irritable/hostile
Increased energy
Little sleep

PSYCHOSIS

Hearing things
Seeing things
Weird thoughts
or beliefs
Paranoia

ANXIETY

Poor concentration
Spinning thoughts
Can't sleep
Rituals/routines
Constant organizing
Fear of germs
Excessive worry
Checking things
Excessive counting
Quirky demands
Hoarding
Obsessive thoughts
Constant tension
Fear of judgment/
ridicule by others
Avoid public/social
situations
Edgy/can't relax
Grinding/clinching teeth
Easily startled
Emotional numbing
Flashbacks
Feeling detached
Hair loss
Upset stomach/bowels
Headaches/migraines
Rashes
Muscle tightness
Twitches/ticks
Other physical symptoms: _____
Panic attacks

"Panic attacks include: Racing heart, tight chest, loss of breath, arm/leg tingling/numbness, dizziness, nausea, choking, sweating, shaking/trembling, feelings of unreality, hot flashes, chills, or feeling of dying"

INATTENTION

Poor attention to details
Problems completing
tasks
Easily distracted
Poor sustained attention
Poor concentration
Shifts from incomplete
tasks
Procrastination
Problems organizing
Forgetfulness
Frequent shifts
in conversation
Poor listening
Not following rules/
details
Loses items
Daydreams
Easily bored
Problems processing
information
Struggle to follow
instructions

HYPERACTIVITY

Fidgeting/squirming
Getting up frequently
Running/climbing
excessively
Problems playing/doing
tasks quietly
Feeling "on the go"
Excessive talking
Interrupts/blurts out
Difficulty awaiting turn

OTHER SYMPTOMS

1. _____
2. _____
3. _____
4. _____
5. _____