Scott Sanders

Personal Trainer / Massage Therapist / Nutritional Advisor

Signs and Symptoms

Name ..... **Date** .....

Please tick the most appropriate box **During the last month, have you:**	(a) Almost never	Points	(b) Some times	Points	(c) Most of the time	Points	(d) Almost all the time	Points
1. Been easily irritated by people or trivial events?	☐	0	☐	2	☐	4	☐	6
2. Felt impatient?	☐	0	☐	1	☐	2	☐	3
3. Felt unable to cope?	☐	0	☐	10	☐	20	☐	30
4. Felt a failure?	☐	0	☐	10	☐	20	☐	30
5. Found it difficult to make decisions?	☐	0	☐	2	☐	4	☐	6
6. Lost interest in other people?	☐	0	☐	1	☐	2	☐	3
7. Felt you had no one to confide in or talk to about your problems?	☐	0	☐	2	☐	4	☐	6
8. Found it difficult to concentrate?	☐	0	☐	2	☐	4	☐	6
9. Failed to finish tasks/jobs before moving onto the next, leaving jobs incomplete?	☐	0	☐	1	☐	2	☐	3
10. Felt neglected in any way?	☐	0	☐	1	☐	2	☐	3
11. Tried to do too many things at once?	☐	0	☐	1	☐	2	☐	3
12. Felt anxious or depressed?	☐	0	☐	10	☐	20	☐	30
13. Been uncharacteristically aggressive?	☐	0	☐	10	☐	20	☐	30
14. Felt bored?	☐	0	☐	2	☐	4	☐	6
15. Changed your patterns of drinking, smoking or eating?	☐	0	☐	1	☐	2	☐	3
16. Changed your level of sexual activity?	☐	0	☐	2	☐	4	☐	6
17. Cried or had the desire to cry?	☐	0	☐	2	☐	4	☐	6
18. Felt tired most of the time?	☐	0	☐	2	☐	4	☐	6
19. Suffered from any of the following more frequently? back and neck pain, headaches, muscular aches and pains, muscular spasms and cramps, constipation, diarrhea, loss of appetite, heartburn, indigestion and nausea	☐	0	☐	1	☐	2	☐	3
20. Do two or more of the following apply to you? bite your nails, clench your fists, drum your fingers, grind your teeth, hunch your shoulders, tap your feet, have trouble falling or staying asleep	☐	0	☐	1	☐	2	☐	3
Your scores								
Your total score								

Evaluation

If your score is over 30 then you are most likely to be suffering from distress. The higher you score towards the maximum of 192 the more distress you are suffering. Scores of over 60 are a cause for concern and indicate that you should discuss your lifestyle with your doctor.

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