

# Health Symptoms Assessment

Symptom checklists have been used in many experiments that evaluated psychological treatments. The gold standard was the 90-item list developed by Leonard R. Derogatis. There are shorter lists that were primarily developed by John E Ware, Jr., because there was a need for quick tests; large studies cannot bore subjects. Much work has gone into establishing reliability and validity across many research situations. They generally measure five domains that contribute to healthy human functioning: (1) Mental Health, (2) Physical Health, (3) Role Functioning, (4) Social Functioning, and (5) General Health Perceptions.

The following list is not designed to be quantified or used in research projects. A check in a box may provoke a narrative if you discuss the item with a physician or psychologist. Having an aid helps to focus your attention on items that an individual can sense about themselves. Doctors have other tests for “signs,” which may not feel (e.g., blood chemistry).

Check the items that you sense have changed since a significant event.



BODY		
1. Head	Headaches, faintness, dizziness, or lightheadedness	
2. Heart	Palpitations or racing heart, or irregular heartbeat	
3. Back	Pain or stiffness	
4. Stomach	Indigestion, nausea, upset, or heartburn	
5. Muscles	Soreness, stiffness, or pain	
6. Breath	Gasping, shortness, or extra effort	
7. Throat	Lump or difficulty swallowing	
8. Limbs	Weakness, heaviness, or numbness in arms or legs	
9. Systemic	Hot or cold spells, unusual sensation, or tingling	
DAILY ACTIVITIES		
10. Sleep	Trouble falling asleep, restless sleep, or early rising	
11. Diet	Overeating or poor appetite	
12. Sex	Shy or uneasy with opposite sex, disinterest, or guilt	
MIND		
13. Thoughts	Recurring unwanted or unpleasant thoughts	
14. Memory	Going blank, trouble remembering or concentrating	
15. Organization	More sloppy or careless, or overly neat or orderly	
16. Accomplishments	Having trouble making decisions or finishing jobs	
17. Completion	Repetitive actions, double checking, or slow working	
18. Blame	Feeling critical of others	

<b>REACTION TO OTHERS</b>		
19.	<b>Sensitivity</b>	Easily hurt or offended by perceived slights or insults
20.	<b>Misunderstood</b>	People are unsympathetic or unfriendly to you
21.	<b>Privacy</b>	You are watched or people make you uncomfortable
<b>PERSONAL</b>		
22.	<b>Self-esteem</b>	Blaming yourself, or feeling inferior or worthless
23.	<b>Energy</b>	Slowed down, easily tired, or needing high effort
<b>MOOD &amp; FEELINGS</b>		
24.	<b>Death</b>	Thinking about death or dying or considering suicide
25.	<b>Crying</b>	Easily cry
26.	<b>Control</b>	Trapped or caught by circumstances
27.	<b>Sadness</b>	Lonely or blue
28.	<b>Worry</b>	Spells of terror or panic or excessive concerns
29.	<b>Potentiality</b>	Hopelessness about future or no interest in things
30.	<b>Nerves</b>	Nervousness, shakiness, tense, keyed up, fidgeting
31.	<b>Fear</b>	Suddenly scared, fearful, ominous, frightened
32.	<b>Lonely</b>	Alone or lack of friends or acquaintances
<b>NEGATIVITY</b>		
32.	<b>Anger</b>	Easily annoyed, irritated, or getting into arguments
33.	<b>Aggression</b>	Temper outbursts or throwing things
34.	<b>Hostility</b>	Want to beat, harm, injure, break, or smash
<b>INTERPERSONAL</b>		
35.	<b>Relations</b>	Not close to another or feeling alone with others
36.	<b>Blame</b>	Blame others, distrustful, or feeling watched
37.	<b>Credit</b>	Not getting proper credit, or taken advantage of
<b>REALITY</b>		
38.	<b>Phobias</b>	Afraid of open spaces, being alone, in public places
39.	<b>Ideas</b>	Others not sharing your ideas
40.	<b>Thoughts</b>	Others are controlling or aware of your thoughts
41.	<b>Voices</b>	Hear things that other's do not hear
42.	<b>Ominousness</b>	Something's wrong with you, you'll be punished