

NAME: _____ AGE: _____ DATE: _____

Please read the following list of behaviors carefully and check next whether the statements describes you. Please mark an A for always, and a S for sometimes.

Major Depressive Disorder

In the past two weeks

1. __ Depressed mood most of the day, nearly every day, as indicated by either subjective report or observation made by others.
2. __ Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. __ Significant weight loss when not dieting, or weight gain, or decrease, or increase in appetite nearly every day.
4. __ Insomnia or hypersomnia nearly every day.
5. __ Psychomotor agitation or retardation nearly every day.
6. __ Fatigue or loss of energy nearly every day.
7. __ Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
8. __ Diminished ability to think or concentrate, or indecisiveness, nearly every day.
9. __ Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicidal attempt or a specific plan of committing suicide.

Anorexia

1. __ Restriction of energy intake relative to requirements, leading to significantly low body weight in context of age, sex, developmental trajectory, and physical health.
2. __ Intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain, even though at a significantly low weight.
3. __ Disturbances in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.

Bulimia

1. __ Eating in a discrete period of time (within any 2-hours period) amount of food that is definitely larger than what most individuals would eat in a similar period of time under similar circumstances.
2. __ A sense of lack of control over eating during the episode (feeling that one cannot stop eating or control what or how much one is eating).
3. __ Recurrent inappropriate compensatory behaviors in order to prevent weight gain, such as self-induced vomiting, misuse of laxative, diuretics, or other medications, fasting or excessive exercise.
4. __ Binge eating and inappropriate compensatory behaviors both occur on average of at least once a week for 3 months.
5. __ Self-evaluation is unduly influenced by body shape and weight.
6. __ The disturbance does not occur exclusively during episodes of anorexia nervosa.

Separation Anxiety Disorder

1. __ Recurrent excessive distress when anticipating or experiencing separation from home or from major attachment figures.
2. __ Has trouble keeping attention in task or play activities.
3. __ Does not seem to listen when spoken to directly.
4. __ Does not finish completing schoolwork/chores.
5. __ Has difficulty organizing tasks and activities.
6. __ Avoids or dislikes task that requires a lot of mental focus.
7. __ Often loses important items (schoolwork, keys, wallets, cell phones)
8. __ Is easily distracted by other stimuli. Is forgetful in daily activities.
9. __ Is often forgetful in daily activities.

Panic Disorder

1. __ Palpitations, pounding heart, or accelerated heart rate.
2. __ Sweating
3. __ Trembling or shaking
4. __ Sensations of shortness of breath or smothering.
5. __ Feelings of choking.
6. __ Chest pain or discomfort.
7. __ Nausea or abdominal distress.
8. __ Feeling dizzy, unsteady, light-headed, or faint.
9. __ Chills or heat sensations.
10. __ Paresthesias (numbness or tingling sensations).
11. __ Derealization (feelings of unreality) or depersonalization (being detached from one-self).
12. __ Fear of losing control or going crazy.
13. __ Fear of dying.

Agoraphobia

1. __ Using public transportation.
 2. __ Being in open spaces.
 3. __ Being in enclosed spaces.
 4. __ Standing in line or being in a crowd.
 5. __ Being outside of the home alone.
- Fear is not better explained by another condition

Generalized Anxiety Disorder

1. __ Restless or feeling keyed up or on edge
2. __ Being easily fatigued
3. __ Difficulty concentrating or mind going blank
4. __ Irritability
5. __ Muscle tension
6. __ Sleep disturbance

Obsessive-Compulsive Disorder

1. __ Recurrent and persistent thoughts, urges, or images that are experienced, at some time during the disturbance, as intrusive and unwanted, and that in most individuals causes marked anxiety or distress.
2. __ The individual attempts to ignore or suppress thoughts, urges, or images, or to neutralize them with some other thought or action (performing a compulsion).
3. __ Repetitive behaviors (hand washing, ordering, checking) or mental acts (praying, counting, repeating words silently) that the individual feels compelled to perform in response to an obsession or according to rules that must be applied rigidly.
4. __ The behaviors or mental acts are aimed at preventing or reducing anxiety or distress, or preventing some dreaded event or situation; however, these behaviors or mental acts are not connected in a realistic way with what they are designed to neutralize or prevent, or are clearly excessive.
5. __ Obsessions or compulsions are time consuming and cause significant distress (takes 1 or more hours a day).
6. __ Not attributed to medication, drugs, medical condition, or medical condition.

Adjustment Disorder

1. __ The development of emotional or behavioral symptoms in response to an identifiable stressor(s) occurring within 3 months of the onset of the stressor(s).
2. __ These symptoms or behaviors are clinically significant, as evidenced by one or both of the following:
 __ Marked distress that is out of proportion to the severity or intensity of the stressor.
 __ Significant impairment in social, occupational, and other areas of functioning.
3. __ The stress-related disturbance does not meet the criteria for another mental disorder and not merely an exacerbation of a preexisting mental disorder.
4. __ The symptoms do not present normal bereavement.
5. __ Once the stressor or its consequences have terminated, the symptoms do not persist for more than an additional 6 months.

Cannabis Related Disorder

Occurring up to 12 months

1. __ Cannabis is taken in larger amounts or over a longer period of time.
2. __ Persistent desire or unsuccessful efforts to cut down or control cannabis use.
3. __ Much time is spent in activities to use or recover from cannabis use.
4. __ Craving, or a strong desire to use cannabis.
5. __ Recurrent cannabis use resulting in failure to fulfill obligations at home, work, and school.
6. __ Continued cannabis use despite having persistent or recurrent social or interpersonal problems caused by cannabis use.
7. __ Important social, occupational, or recreational activities are given up or reduced because of cannabis use.
8. __ Recurrent cannabis use in situations in which it is physically hazardous.
9. __ Cannabis use is continued despite having physical or psychological problems caused or exacerbated by cannabis use.
10. __ A need for markedly increased amounts of cannabis to achieve intoxication or desired effects.

Gender Dysphoria

1. __ A marked incongruence between one's experienced/expressed gender and assigned gender for at least 6 months.
2. __ Inconsistent experienced/expressed gender and primary and /or secondary sex characteristics.
3. __ A strong desire to be rid of one's primary and/or secondary sex characteristics because of a marked incongruence with one's experienced/expressed gender.
4. __ A strong desire for the primary and/or secondary sex characteristics of the other gender.
5. __ A strong desire to be treated as the other gender (or alternative gender different from one's assigned gender).
6. __ A strong conviction that one has the typical feelings and reactions of the other gender (or some alternative gender from one's assigned gender).
7. __ The condition is associated with significant distress or impairment in social, occupational, or other important area of functioning.

Alcohol Use Disorder

Occurring for up to 12 months.

1. __ Alcohol is taken in larger amounts or over a longer period was intended.
2. __ Unsuccessful efforts to cut down or control alcohol use.
3. __ Much time is spent in activities trying to obtain alcohol, use alcohol, or recover from its effects.
4. __ Cravings, desire, or urges to use alcohol.
5. __ Recurrent alcohol use resulting in failure to fulfill obligations at work, school, or home.
6. __ Continued alcohol use despite having persistent or recurrent social or interpersonal problems.
7. __ Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
8. __ Recurrent alcohol use in situations in which it is physically hazardous.
9. __ Alcohol use is continued despite knowledge of having persistent or recurrent physical or psychological problems.
10. __ A need for markedly increased amounts of alcohol to achieve intoxication or desired effects.
11. __ A marked diminished effect with continual use of the same amount of alcohol.
12. __ Alcohol is taken to relieve or avoid withdrawal symptoms.

Opioid Use Disorder

Occurring within a 12 month period

1. __ Opioids are taken in larger amounts or over a longer period that was intended.
2. __ There is a persistent desire or unsuccessful efforts to cut down or control opioid use.
3. __ A great deal of time is spent in activities.
4. __ Craving, or strong desire or urge to use opioids.
5. __ Recurrent opioids use resulting in a failure to fulfill major roles.
6. __ Continued opioid use despite having persistent, or recurrent social or interpersonal problems caused by or exacerbated by the effects of opioid use.
7. __ Important social, occupational, or recreational activities are given up or reduced because of opioid use.
8. __ Continued opioid use despite knowledge of having persistent or recurrent physical or psychological problems.
9. __ Recurrent opioid use in situations physically hazardous.

11. __ Cannabis is taken to relieve or avoid withdrawal.

Stimulant Use Disorder
 Occurring up to 12 months

1. __ Stimulant is taken in larger amounts or over a longer period of time than was intended.
2. __ There is a persistent desire or unsuccessful efforts to cut down or control stimulant use.
3. __ A great deal of time is spent in activities necessary to obtain the stimulant, use the stimulant, or recover from its effects.
4. __ Cravings or strong desires to use the stimulant.
5. __ Recurrent stimulant use resulting in failure in fulfilling obligations at school, home and work.
6. __ Continued stimulant use despite having persistent or recurrent social or interpersonal problems caused by use or exacerbated by use of the stimulant.
7. __ Important social, occupational, or recreational activities are given up or reduced because of stimulant use.
8. __ Recurrent stimulant use in situations that are physically hazardous.
9. __ Stimulant use is continued despite knowledge of having physical or psychological problems caused by the stimulant.
10. __ A need for markedly increases amounts of the stimulant to achieve intoxication or desired outcome.
11. __ Stimulant is taken to relieve or avoid withdrawal.

Paranoid Personality Disorder
 A pervasive distrust and suspiciousness of others such as their motives are interpreted as vengeful, beginning in early adulthood and present in a variety of contexts, as indicated by four or more of the following:

1. __ Suspects, without sufficient bias, that others are exploiting, harming, or deceiving them.
2. __ Is pre-occupied with unjustified doubts about the loyalty or trustworthiness of friends or associates.
3. __ Is reluctant to confide in others because of unwarranted fear that the information will be used maliciously against them.
4. __ Reads hidden demeaning or threatening meanings into benign remarks or events.
5. __ Persistently bears grudges.
6. __ Perceives attacks on their character or reputation that are not apparent to others and is quick to react angrily or to counterattack.
7. __ Has recurrent suspicions, without justification, regarding fidelity of spouse or sexual partner.

Schizoid Personality Disorder

1. __ Neither desires or enjoys close relationships, including being part of a family.
2. __ Almost always chooses solitary activities.
3. __ Has little, if any, interest in having sexual experiences with another person.
4. __ Takes pleasure in few, if any, activities.
5. __ Lacks close friends or confidants other than first-degree relatives.
6. __ Appears indifferent to the praise or criticism of others.
7. __ Shows emotional coldness, detachment, or flattened activity.

10. __ A marked diminished effect with continued use of the same amounts of opioids.

11. __ Opioids are used to relieve or avoid withdrawal.

Gambling Disorder
 Occurring up to 12 months

1. __ Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. __ Is restless or irritable when attempting to cut down or stop gambling.
3. __ has made unsuccessful repeated attempt to control, cut back, or stop gambling.
4. __ Is often preoccupied with gambling (thinking of ways to get money to gamble, relive past experiences, planning next venture).
5. __ Often gambles when feeling distressed (Helpless, guilty, anxious, and depressed).
6. __ After losing money often returns another day to get even.
7. __ Lies to conceal the extent of involvement with gambling.
8. __ has jeopardized or lost significant relationships, jobs, educational, or career opportunities because of gambling.
9. __ Relies on others to provide money to relieve desperate financial situations caused by gambling.

General Personality Disorder
 An enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual's culture. This pattern is manifested in two (or more) of the following areas: Cognition, affectivity, interpersonal functioning, and impulse control.

1. __ The enduring pattern is inflexible and pervasive across a broad range of personal and social situations.
2. __ The enduring pattern leads to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
3. __ The pattern is stable and of long duration, and its onset can be traced back at least to adolescence and early adulthood.
4. __ The enduring pattern is not better explained as a manifestation or consequence of another mental disorder.
5. __ The enduring pattern is not attributable to the physiological effects of a substance or another medical condition.

Schizotypal Personality Disorder
 A pervasive pattern of social and interpersonal deficits marked by acute discomfort with, and reduced capacity for, close relationships as well as cognitive or perceptual distortions and eccentricities of behavior, beginning by early adulthood and present in a variety of context, as indicated by five (or more) of the following:

1. __ Ideas of reference.
2. __ Odd beliefs or magical thinking that influences behavior and is inconsistent with subculture norms.
3. __ Unusual perceptual experiences, including bodily illusions.
4. __ Odd thinking and speech.
5. __ Suspiciousness or paranoid ideation.
6. __ Inappropriate or constricted affect.
7. __ Behavior or appearance that is odd, eccentric, or peculiar.
8. __ Lack of close friends or confidants other than first-degree relatives.
9. __ Excessive social anxiety that does not diminish with familiarity and tends to be associated with paranoid fears rather than negative judgements about self.

Posttraumatic Stress Disorder

1. __ Directly experiencing a traumatic event(s).
2. __ Witnessing, in person, the event(s) as it occurred to others.
3. __ Learning that the traumatic event(s) occurred to close family member.
4. __ Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (first responders collecting human remains, police officers repeatedly exposed to details of child abuse).
5. __ Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s).
6. __ Recurrent distressing dreams in which the content and/or affect the dream are related to the traumatic events.
7. __ Dissociative reactions (flashbacks) in which the individual feels or acts as if the traumatic event(s) were occurring.
8. __ Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
9. __ Marked physiological reactions to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
10. __ Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
11. __ Avoidance of or efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts or feelings about or closely related to the traumatic event(s).
12. __ Inability to remember an important aspect of the traumatic event(s) typically due to dissociative amnesia and not to other factors such as head injury, alcohol, or drugs.
13. __ Persistent and exaggerated negative beliefs or expectations about oneself and others or the world.
14. __ Persistent distorted cognitions about the cause or consequences of the traumatic event that lead the individual to blame himself/herself or others.
15. __ Persistent negative emotional state (fear, horror, anger, guilt, and shame)
16. __ Diminished interest or participation in significant activities.
17. __ Feelings of detachment or estrangement from others.
18. __ Persistent inability to experience positive emotions.
19. __ Sleep disturbance (difficulty falling and staying asleep).
20. __ Irritable behavior and outbursts typically expressed as verbal or physical aggression towards people or objects
21. __ Reckless or self-destructive behavior.
22. __ Hypervigilance.
23. __ Exaggerated startle response.
24. __ Problems with concentration.
25. __ Sleep disturbances (difficulty falling asleep or staying asleep).
26. __ The disturbance causes clinically significant distress or in social, occupational, or other important areas of functioning.
27. __ The disturbance is not attributed to the physiological effects of a substance or another medical condition.

Specify whether with dissociative symptoms

Depersonalization ___ *feeling detached from one's body.*

Derealization ___ *persistent or recurrent experiences of unreality*

Antisocial Personality Disorder

1. __ Failure to conform to social norms with respect to lawful behaviors, as indicated by repeatedly performing acts that are grounds for arrest.
2. __ Deceitfulness, as indicated by repeated lying, use of aliases, or conning others for personal profit or pleasure.
3. __ Impulsivity or failure to plan ahead.
4. __ Irritability and aggressiveness, as indicated by repeated physical fights or assaults.
5. __ Reckless disregard for safety of self or others.
6. __ Consists irresponsibility, as indicated by repeated failure to retain consistent work behavior or honor financial obligations.
7. __ Lack of remorse, as indicated by being indifferent to or rationalizing having hurt, mistreated, or stolen from another.

Borderline Personality Disorder

1. __ Frantic efforts to avoid real or imagined abandonment.
2. __ A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
3. __ Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. __ Impulsivity in at least two areas that are potentially self-damaging.
5. __ Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.
6. __ Affective instability due to a marked reactivity of mood.
7. __ Chronic feelings of emptiness.
8. __ Inappropriate intense anger or difficulty controlling anger.
9. __ Transient, stress-related paranoid ideation or severe dissociative symptoms.

Histrionic Personality Disorder

A pervasive pattern of excessive emotionality and attention seeking, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. __ Is uncomfortable in situations where they are not the center of attention.
2. __ Interaction with others is often characterized by inappropriate sexually suggestive or provocative behavior.
3. __ Displays rapidly shifting and shallow expression or emotions.
4. __ Consistently uses physical appearance to draw attention to self.
5. __ Has a style of speech that is excessively impressionistic and lacking in detail.
6. __ Shows self-dramatization, theatricality, and exaggerated expression of emotion.
7. __ Is suggestible (gullible).
8. __ Considers relationships to be more intimate than they actually are.

Narcissistic Personality Disorder

1. __Has a grandiose sense of self-importance.
2. __Is pre-occupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. __Believes that they are “special” and unique and can only be understood by, or should associate with, other special or high-status people.
4. __Requires excessive admiration.
5. __Has a sense of entitlement.
6. __Is interpersonally exploitative.
7. __Lacks empathy: Is unwilling to recognize or identify with the feelings and needs of others.
8. __Is often envious of others or believes that others are envious of them.
9. __Shows arrogant, haughty behaviors or attitudes.

Avoidant Personality Disorder

1. __Avoids occupational activities that involve significant interpersonal contact because of fears of criticism, disapproval, or rejection.
2. __Is unwilling to get involved with people unless certain of being liked.
3. __Shows restraint within intimate relationships because of the fear of being shamed or ridiculed.
4. __Is pre-occupied with being criticized or rejected in social situations.
5. __Is inhibited in new interpersonal situations because of feelings of inadequacy.
6. __Views self as socially inept, personally unappealing, or inferior to others.
7. __Is usually reluctant to take personal risks or to engage in any new activities because they may prove embarrassing.
8. __Inappropriate intense anger or difficulty controlling anger.
9. __Transient, stress related paranoid ideation or severe dissociative symptoms.

Dependent Personality Disorder

A pervasive and excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. __Has difficulty making every day decisions without an excessive amount of advice and reassurance from others.
2. __Needs others to assume responsibility for most major areas of their life.
3. __Has difficulty expressing disagreement with others because of fear of loss of support or approval.
4. __Has difficulty initiating projects or doing things on their own.
5. __Goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do unpleasant things.
6. __Feels uncomfortable or helplessness when alone because of exaggerated fears of being unable to care for themselves.
7. __Urgently seeks another relationship as a source of care and support when a close relationship ends.
8. __Is unrealistically preoccupied with fears of being left to take care of themselves.

Autism Spectrum Disorder

A. Persistent deficits in social communication and social interaction across multiple contexts, as manifested by the following, currently or by history:

1. __Deficits in social-emotional reciprocity, ranging, for example, from abnormal social approach and failure of normal back-and-forth conversation; to reduced sharing of interests, emotions, or affect; to failure to initiate or respond to social interactions.
2. __Deficits in nonverbal communicative behaviors used for social interaction, ranging, for example, from poorly integrated verbal and nonverbal communication; to abnormalities in eye contact and body language or deficits in understanding and use of gestures; to a total lack of facial expressions and nonverbal communication.
3. __Deficits in developing, maintaining, and understanding relationships, ranging, for example, from difficulties adjusting behavior to suit various social contexts; to difficulties to sharing imaginative play or in making friends; to absence of interest in peers.

Specify current severity: Severity is based on social communication impairments and restricted, repetitive patterns of behavior.

B. Restricted, repetitive patterns of behavior, interests, or activities, as manifested by at least two of the following currently or by history:

1. __Stereotyped or repetitive motor movements, use of objects, or speech.
2. __Insistence on sameness, inflexible adherence to routines, or ritualized patterns of verbal or nonverbal behavior.
3. __Highly restricted, fixated interests that are abnormal in intensity or focus.
4. __Hyper or hypo-reactivity to sensory input or unusual interest in sensory aspects of the environment.

Specify current severity: Severity is based on social communication impairments and restricted, repetitive patterns of behavior.

C. __Symptoms must be present in the early development period.

D. __Symptoms cause clinically significant impairment in social, occupational, or other important areas of current functioning.

E. __These disturbances are not better explained by Intellectual disability.