



**ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING OF  
SYNTERO POLICIES AND CONSENT FOR TREATMENT**

- ❖ I hereby certify that Syntero has provided me with copies of:
- Orientation to Rules, Expectations, and Risks/Benefits of Treatment
  - Financial Policies
  - Client & Family Rights
  - Grievance Procedure
  - Privacy Notice including a summary of 42 CFR Part 2 Laws and Regulations
  - Information regarding exposure and transmission of infectious diseases
  - Agency maps
  - ADAMH Board of Franklin Notice of Privacy Practice
- ❖ If I self pay for appointments or I am uninsured, I certify that I have received a Good Faith Estimate for the total expected cost of services. I understand that it may be updated as needed or at a minimum, on an annual basis.
- ❖ Further, I certify I have read and understand the aforementioned documents
- ❖ Consent for Treatment  
I hereby give Syntero my permission to provide services including, but not limited to, counseling, psychotherapy, alcohol and other drug treatment and case management to:

\_\_\_\_\_  
**Please Print Client's Name**

\_\_\_\_\_  
**Signature of Client**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Parent/ Legal Guardian**

\_\_\_\_\_  
**Date**

**For a Minor Seeking Treatment without Parental Consent:**

As a minor 14 years of age or older, I understand I am entitled to receive counseling services for no more than six sessions or thirty days, whichever comes first, without the consent of my parent/guardian and without that parent/guardian being informed. If services extend beyond that point, I will work with my therapist to involve my parent/guardian in treatment.

\_\_\_\_\_  
**Minor without Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Witness**

\_\_\_\_\_  
**Date**



**SYNTERO, INC**  
**SERVICE AGREEMENT**

**Client Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
(Please Print)

**Guarantor/Responsible Party Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
(Please Print)

**2022 Standard Rates**

*\*Subject to change-updates are posted in our agency lobbies*

<b>Service Type:</b>	<b>Rates:</b>
Diagnostic assessment	\$153 per clinical hour
Individual psychotherapy	\$132 per clinical hour
Psychiatric assessment	\$249 per clinical hour
Group psychotherapy	\$55 per clinical hour
Intensive outpatient for substance use (IOP)	\$218 per group

*\*\*Please be aware that your services at Syntero begin with an assessment, completing your assessment may take multiple appointments and if your provider is not in network with your insurance, you will be responsible for the full charge\*\**

- I understand that I am responsible for providing up-to-date and accurate insurance information and that a change in my insurance plan could result in a full fee charge/change in payment or change in provider.
- I understand that Syntero will bill my insurance carrier as a courtesy, but that I am responsible for understanding my own benefits and ensuring Syntero receives payment.
- I understand that failure to provide insurance or supplemental coverage information in a timely manner will result in my being responsible for full payment for my services.
- I understand that at each visit I am expected to make a payment as a deposit toward my patient financial responsibility but that it may not be the total amount that I will be responsible for, as the total amount due is based on my insurance plan.
- I understand that if I have a high balance, services may be discontinued until a payment plan is arranged.
- I assign to Syntero any third-party benefits due from any and all insurance benefits in an amount not to exceed Syntero's regular and customary charges for services.
- I assume responsibility for determining in advance whether the services provided and the provider are covered by my insurance or other third-party payer.
- I authorize Syntero to disclose medical information as required by any third-party payers to process a claim for service.
- I understand that I am expected to keep my appointments and, if I must cancel or reschedule an appointment, I will provide as much notice as possible. **I understand that, should I have to cancel my appointment, and I am not able to give a full business day notice, I may be charged a \$25 cancellation fee.**



\_\_\_\_\_  
**Client/Parent/Guarantor/Responsible Party Signature**

\_\_\_\_\_  
**Date**



## Syntero

### Informed Consent Addendum for Telebehavioral Health Services

Syntero continues to monitor the latest preventative measures recommended by the Centers for Disease Control and the State of Ohio to curb the spread of the COVID-19 virus. Effective immediately, we are providing telebehavioral health services rather than face to face services at our offices.

#### What is Telebehavioral Health?

Telebehavioral health includes the practice of diagnosis, treatment, education, goal setting, accountability, referral to resources, problem solving, skills training, and help with decision making through the use of internet-based videoconferencing or phone calls. Services may include counseling, case management and psychiatry including the prescribing of medications.

1. The benefits of telebehavioral health include greater flexibility by geographical location, reduction of travel to a physical office and participation from your own home environment.
2. The risks of telebehavioral health include the potential breakdown in the technology including poor connection, loss of sound or loss of connection. A second factor that may impact the communication is that nonverbal cues are less readily available to both the clinician and the client.
3. All existing laws regarding privacy, confidentiality, access to mental health information, and client rights and grievance procedures apply the same as face-to-face sessions.
4. Nobody will record the session without the permission from the other person(s).
5. It is important to be in a quiet, private space that is free of distractions (including computers, additional phones, or other devices) during the session.
6. Only agreed upon participants will be present in the room of the clinician and the client during the telebehavioral health session.
7. The clinician will verify the physical address of the client's location at the start of each session. This is to ensure we are "meeting" at a place that will protect your confidentiality (e.g. No coffee shops or public places). Sessions will not occur while any of the participants are driving.
8. It is important to be on time. If you need to cancel or change your tele-appointment, you must notify the clinician in advance by phone.
9. We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
10. We need a safety plan that includes at least one emergency contact and the closest ER to your location, in the event of a crisis situation.
11. If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telebehavioral health sessions.
12. Your clinician may determine that due to certain circumstances, telebehavioral health is no longer appropriate and that we should consider alternative resources for your treatment.

\_\_\_\_\_  
Client Name

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
If minor: Parent/Guardian Printed Name

\_\_\_\_\_  
If minor: Client or Guardian Signature

\_\_\_\_\_  
Date



<b>CLIENT CONTACT INFORMATION:</b> This form is to be completed by the client (or parent/guardian/foster parent if client is under 18)				
Legal Name (First, M, Last)		Preferred Name		Age
Date of Birth (MM/DD/YYYY)	Social Security Number	Preferred Gender Pronouns		Gender
Physical Address		City	State	Zip
Mailing Address		City	State	Zip
Home Phone	Cellphone	Receive reminders at the following number:		
Check if OK to leave detailed voicemails (otherwise leave blank)		<input type="checkbox"/> Home Phone <input type="checkbox"/> Cellphone		
Syntero sends surveys to gather input on our services and provide updates regarding our services. <div style="display: flex; justify-content: space-between; align-items: flex-end;"> <div> <ul style="list-style-type: none"> <li>• Please indicate if OK to email survey links</li> <li>• Indicate if OK to send emails regarding Syntero updates</li> </ul> </div> <div> <input type="checkbox"/> Yes <input type="checkbox"/> No  <input type="checkbox"/> Yes <input type="checkbox"/> No           </div> </div>				
Email				
Primary language	Does client need interpreting services? <input type="checkbox"/> Yes, please specify: _____ <input type="checkbox"/> No			
Syntero provides training to future counselors and social workers. Is client comfortable with an intern sitting in on your sessions? <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>DEMOGRAPHIC INFORMATION:</b> The information collected in this section is used for internal reports as well as state reporting.				
<b>Race:</b> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Alaskan Native  <input type="checkbox"/> American Indian  <input type="checkbox"/> Asian           </div> <div> <input type="checkbox"/> Black/African-American  <input type="checkbox"/> Pacific Islander  <input type="checkbox"/> Other Single Race           </div> <div> <input type="checkbox"/> Two or More Races  <input type="checkbox"/> Unknown  <input type="checkbox"/> White           </div> </div>				
<b>Ethnicity:</b> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Cuban  <input type="checkbox"/> Hispanic Not Specified           </div> <div> <input type="checkbox"/> Mexican  <input type="checkbox"/> Not of Hispanic/Latino Origin           </div> <div> <input type="checkbox"/> Other Hispanic  <input type="checkbox"/> Puerto Rican           </div> <div> <input type="checkbox"/> Unknown           </div> </div>				
<b>Client's Living Arrangements:</b> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Community Residence  <input type="checkbox"/> Correctional Facility           </div> <div> <input type="checkbox"/> Operated Facility  <input type="checkbox"/> Foster Care           </div> <div> <input type="checkbox"/> Homeless  <input type="checkbox"/> Nursing Facility           </div> <div> <input type="checkbox"/> Other  <input type="checkbox"/> Housing           </div> <div> <input type="checkbox"/> Private Residence  <input type="checkbox"/> Residential Care           </div> <div> <input type="checkbox"/> Temporary Housing  <input type="checkbox"/> Unknown           </div> </div>				
<b>Client's marital status:</b> <input type="checkbox"/> Divorced <input type="checkbox"/> Married (Or living Together as married) <input type="checkbox"/> Separated <input type="checkbox"/> Single (Never Married) <input type="checkbox"/> Widowed <input type="checkbox"/> Unknown				
<b>Are you a smoker?</b> <input type="checkbox"/> User <input type="checkbox"/> Non-User	<b>Military Status:</b> <input type="checkbox"/> Active <input type="checkbox"/> Disabled Veteran <input type="checkbox"/> Discharged <input type="checkbox"/> None <b>Military Service:</b> <input type="checkbox"/> Overseas <input type="checkbox"/> Reserve			
<b>Current or highest level of education</b> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> &lt;1<sup>st</sup> Grade  <input type="checkbox"/> 1<sup>st</sup> Grade  <input type="checkbox"/> 2<sup>nd</sup> Grade  <input type="checkbox"/> 3<sup>rd</sup> Grade           </div> <div> <input type="checkbox"/> 4<sup>th</sup> Grade  <input type="checkbox"/> 5<sup>th</sup> Grade  <input type="checkbox"/> 6<sup>th</sup> Grade  <input type="checkbox"/> 7<sup>th</sup> Grade           </div> <div> <input type="checkbox"/> 8<sup>th</sup> Grade  <input type="checkbox"/> 9<sup>th</sup> Grade  <input type="checkbox"/> 10<sup>th</sup> Grade  <input type="checkbox"/> 11<sup>th</sup> Grade           </div> <div> <input type="checkbox"/> High School/GED  <input type="checkbox"/> Tech School  <input type="checkbox"/> Some College  <input type="checkbox"/> 2yr College Degree           </div> <div> <input type="checkbox"/> 4yr College Degree  <input type="checkbox"/> Graduate Degree  <input type="checkbox"/> Unknown           </div> </div>				
<b>If client is currently taking classes, what type of classes?</b> <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> College  <input type="checkbox"/> GED Classes           </div> <div> <input type="checkbox"/> Has not attended school in last 3 months  <input type="checkbox"/> K-12<sup>th</sup> grade           </div> <div> <input type="checkbox"/> Other schooling  <input type="checkbox"/> Preschool           </div> <div> <input type="checkbox"/> Vocation/Job Training           </div> </div>				
<b>HOUSEHOLD MEMBERS:</b> Please include anyone also living in the house. Additional space provided in the <u>ADDITIONAL INFORMATION</u> .				
Name		Relationship		Birthdate
<b>EMERGENCY CONTACT INFORMATION:</b> In case of emergency, Syntero has my permission to notify				
Name:		Relationship:		
Address:		Phone Number:		

## HEALTH HISTORY QUESTIONNAIRE

This form is to be completed by client and/or parent/guardian/foster parent (if client is under 18) and reviewed by medical or clinical staff.

Has the client had any of the following health problems? (If never, leave blank)	Now	Past	If you received treatment add the type and date(s)
1. AIDS/HIV	<input type="checkbox"/>	<input type="checkbox"/>	
2. Anemia	<input type="checkbox"/>	<input type="checkbox"/>	
3. Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	
4. Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	
5. Asthma	<input type="checkbox"/>	<input type="checkbox"/>	
6. Bipolar Disorder	<input type="checkbox"/>	<input type="checkbox"/>	
7. Bleeding Disorder	<input type="checkbox"/>	<input type="checkbox"/>	
8. Blood Pressure (high or low)	<input type="checkbox"/>	<input type="checkbox"/>	
9. Bone/Joint Problems	<input type="checkbox"/>	<input type="checkbox"/>	
10. Cancer	<input type="checkbox"/>	<input type="checkbox"/>	
11. Cirrhosis/Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	
12. Depression	<input type="checkbox"/>	<input type="checkbox"/>	
13. Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	
14. Eating Disorder	<input type="checkbox"/>	<input type="checkbox"/>	
15. Epilepsy/Seizures	<input type="checkbox"/>	<input type="checkbox"/>	
16. Eye Disease/Blindness	<input type="checkbox"/>	<input type="checkbox"/>	
17. Fibromyalgia/Muscle Pain	<input type="checkbox"/>	<input type="checkbox"/>	
18. Glaucoma	<input type="checkbox"/>	<input type="checkbox"/>	
19. Head Injury/Brain Tumor	<input type="checkbox"/>	<input type="checkbox"/>	
20. Headaches	<input type="checkbox"/>	<input type="checkbox"/>	
21. Hearing Problems/Deafness	<input type="checkbox"/>	<input type="checkbox"/>	
22. Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	
23. Hepatitis/Jaundice	<input type="checkbox"/>	<input type="checkbox"/>	
24. Hyperactivity/ADD	<input type="checkbox"/>	<input type="checkbox"/>	
25. Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	
26. Learning Problems	<input type="checkbox"/>	<input type="checkbox"/>	
27. Lung Disease	<input type="checkbox"/>	<input type="checkbox"/>	
28. Menstrual Pain	<input type="checkbox"/>	<input type="checkbox"/>	
29. Oral Health/Dental	<input type="checkbox"/>	<input type="checkbox"/>	
30. Schizophrenia	<input type="checkbox"/>	<input type="checkbox"/>	
31. Sexual Problems	<input type="checkbox"/>	<input type="checkbox"/>	
32. Sexual Transmitted Disease	<input type="checkbox"/>	<input type="checkbox"/>	
33. Sleep Disorder	<input type="checkbox"/>	<input type="checkbox"/>	
34. Speech Problems	<input type="checkbox"/>	<input type="checkbox"/>	
35. Stomach/Bowel Problems	<input type="checkbox"/>	<input type="checkbox"/>	
36. Stroke	<input type="checkbox"/>	<input type="checkbox"/>	
37. Suicide Attempts/Thoughts	<input type="checkbox"/>	<input type="checkbox"/>	
38. Thyroid	<input type="checkbox"/>	<input type="checkbox"/>	
39. Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	
40. Other	<input type="checkbox"/>	<input type="checkbox"/>	

**Please note family history of any of the above conditions and client's relationship to that family member.**

Do you have a healthcare advanced directive? ☐ Yes ☐ No  
If **Yes**, please provide a copy.

<b>NUTRITIONAL SCREENING</b> Please check box if there have been any recent changes		
Height _____ft _____in	Has height changed within past year? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, by how much? (+ or -)
Weight _____lbs.	Has weight changed within past year? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, by how much? (+ or -)
Has your thirst: <input type="checkbox"/> Decreased <input type="checkbox"/> Increased <input type="checkbox"/> No change		
Has your appetite: <input type="checkbox"/> Decreased <input type="checkbox"/> Increased <input type="checkbox"/> No change		
Do any of the following apply? <input type="checkbox"/> Nausea <input type="checkbox"/> Special diet? <input type="checkbox"/> Vomiting Please Specify: _____ <input type="checkbox"/> Picky Eater <input type="checkbox"/> Trouble chewing or swallowing		
<b>PAIN SCREENING</b>		
Does pain currently interfere with your activities? <input type="checkbox"/> Yes <input type="checkbox"/> No		
If yes, what is the source of the pain and the treatment regimen?		
If yes, how much does it interfere with your activities? <input type="checkbox"/> Extremely <input type="checkbox"/> Mildly <input type="checkbox"/> Moderately <input type="checkbox"/> Severely <input type="checkbox"/> Not at all		
<b>PREGNANCY AND MENSTRUAL HISTORY</b> ( <input type="checkbox"/> does <u>not</u> apply)		
Currently pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, expected delivery date:	
Currently breastfeeding? <input type="checkbox"/> Yes <input type="checkbox"/> No	Any significant pregnancy history?	
Age at first menstrual period?		
Last menstrual period:		
<b>ALLERGIES OR DRUG SENSITIVITIES</b> If you have any of the following please check and specify as best you can:		
<input type="checkbox"/> 1.None		
<input type="checkbox"/> 2.Food:		
<input type="checkbox"/> 3.Medication:		
<input type="checkbox"/> 4.Other:		
<b>IMMUNIZATIONS</b> Only required for children or individuals with developmental delays.		
<input type="checkbox"/> 1.    Chicken Pox	<input type="checkbox"/> 5.Measles	<input type="checkbox"/> 8.Small Pox
<input type="checkbox"/> 2.    Diphtheria	<input type="checkbox"/> 6.Mumps	<input type="checkbox"/> 9.Tetanus
<input type="checkbox"/> 3.    German Measles	<input type="checkbox"/> 7.    Polio	<input type="checkbox"/> 10. Other
<input type="checkbox"/> 4.    Hepatitis B		

LAST PHYSICAL EXAMINATION											
Client does not have a Primary Care Doctor <input type="checkbox"/>											
Primary Care Doctor								Phone number			
Address/Location								Date of last visit			
Has the client had any of the following symptoms in the past 60 days?											
<input type="checkbox"/> 1. Ankle Swelling				<input type="checkbox"/> 14. Hair Change				<input type="checkbox"/> 27. Shakiness			
<input type="checkbox"/> 2. Bed-wetting				<input type="checkbox"/> 15. Hearing Loss				<input type="checkbox"/> 28. Sleep Problems			
<input type="checkbox"/> 3. Blood in stool				<input type="checkbox"/> 16. Lightheadedness				<input type="checkbox"/> 29. Night Sweats			
<input type="checkbox"/> 4. Breathing Difficulty				<input type="checkbox"/> 17. Memory Problems				<input type="checkbox"/> 30. Swelling			
<input type="checkbox"/> 5. Chest Pain				<input type="checkbox"/> 18. Mole/Wart Changes				<input type="checkbox"/> 31. Tingling in limbs			
<input type="checkbox"/> 6. Confusion				<input type="checkbox"/> 19. Muscle Weakness				<input type="checkbox"/> 32. Tremor			
<input type="checkbox"/> 7. Loss of Consciousness				<input type="checkbox"/> 20. Nervousness				<input type="checkbox"/> 33. Urination Difficulty			
<input type="checkbox"/> 8. Constipation				<input type="checkbox"/> 21. Nosebleeds				<input type="checkbox"/> 34. Vaginal Discharge			
<input type="checkbox"/> 9. Coughing				<input type="checkbox"/> 22. Numbness				<input type="checkbox"/> 35. Vision Changes			
<input type="checkbox"/> 10. Cramps				<input type="checkbox"/> 23. Panic Attacks				<input type="checkbox"/> 36. Vomiting			
<input type="checkbox"/> 11. Diarrhea				<input type="checkbox"/> 24. Penile Discharge				<input type="checkbox"/> 37. Other:			
<input type="checkbox"/> 12. Falling				<input type="checkbox"/> 25. Pulse Irregularity				<input type="checkbox"/> 38. Other			
<input type="checkbox"/> 13. Gait Unsteadiness				<input type="checkbox"/> 26. Seizures							
HOSPITALIZATIONS											
Has the client had medical hospitalizations/surgical procedures in the last 3 years? Additional space provided in the <u>ADDITIONAL INFORMATION</u> page											
Hospital			City			Date		Reason			
SUBSTANCE USE HISTORY/CURRENT USE											
Please check all that apply											
Substance	No Use	Past Use	Current Use	Substance	No Use	Past Use	Current Use	Substance	No Use	Past Use	Current Use
1. Alcohol/Beer/Wine				5. Hashish				9. Pain Medication			
2. Anxiety Medication				6. Heroin				10. Sleep Medications			
3. Cocaine/Crack				7. Inhalants				11. Stimulants			
4. Hallucinogens				8. Marijuana				12. Other			
Caffeine use: <input type="checkbox"/> Yes <input type="checkbox"/> No <b>If yes, from:</b> (I.e. coffee, tea, pop, etc.) <b>How much a week?</b> (I.e. cups, cans, bottles, etc.)											
Tobacco use: <input type="checkbox"/> Yes <input type="checkbox"/> No <b>If yes, from:</b> (I.e. cigarettes, smokeless, etc.). <b>How much a week?</b> (I.e. packs, cartridges, etc.)											

**LIST OF CURRENT MEDICATIONS**

List all tablets, patches, drops, ointments, injections, etc. Include prescription, over-the-counter, herbal, vitamin, and diet supplement products. Also list any medicine you take only on occasion (like Viagra, Albuterol, Nitroglycerin, etc.)

Medication	Dose	Frequency	Reason	Start date	Prescriber

**ADDITIONAL INFORMATION**

Feel free to use this space to include additional information you wish your clinician to know.

**If the document was completed by a Parent/Guardian/Custodian:**

<b>Name</b>	<b>Address</b>
<b>Signature</b>	<b>Phone number</b>

**FOR STAFF USE ONLY:**

**Clinical Reviewer Comment (if any):**

**Clinical Signature and Credentials**

**Date**



## CLIENT QUESTIONNAIRE

**Please complete the following questions. Your responses will be very helpful in understanding why you have chosen to be involved in treatment at this time and what you would like to achieve in the process.**

1. Please describe the issue(s) that brings you and/or your child here. Be as specific as you can. Try to include such details as the duration of the problem, how often it occurs, and under what circumstances

2. How does this interfere with your or your child's life? Who else is being affected?

3. If treatment is successful, how will life be different for you and/or your child? (What are your goals for treatment?)

4. Please tell us about your family's culture, beliefs, practices and traditions.

5. Are there any special needs or preferences you have?

6. How did you hear about Syntero?



**PATIENT HEALTH QUESTIONNAIRE 9**

Only for clients over the age of 11

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<b>How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?</b>	<b>Not Difficult at all</b>	<b>Somewhat Difficult</b>	<b>Very Difficult</b>	<b>Extremely Difficult</b>

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Today's date: \_\_\_\_\_

**Instructions:**

Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and fill the circle completely under the category which best describes your current situation. For this questionnaire, work is defined as employment, school, housework, volunteer work, and so forth.

Developed by  
Michael J. Lambert, Ph.D.  
and  
Gary M. Burlingame, Ph.D.

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- |                                                                                                                     |                       |                       |                       |                       |                       |
|---------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I get along well with others.....                                                                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I tire quickly.....                                                                                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I feel no interest in things.....                                                                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I feel stressed at work/school.....                                                                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I blame myself for things.....                                                                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I feel irritated.....                                                                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I feel unhappy in my marriage/significant relationship.....                                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I have thoughts of ending my life.....                                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I feel weak.....                                                                                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. I feel fearful.....                                                                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. After heavy drinking, I need a drink the next morning to get.....<br>going. (If you do not drink, mark "never") | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. I find my work/school satisfying.....                                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. I am a happy person.....                                                                                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. I work/study too much.....                                                                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. I feel worthless.....                                                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. I am concerned about family troubles.....                                                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. I have an unfulfilling sex life.....                                                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. I feel lonely.....                                                                                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. I have frequent arguments.....                                                                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. I feel loved and wanted.....                                                                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. I enjoy my spare time.....                                                                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. I have difficulty concentrating.....                                                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. I feel hopeless about the future.....                                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. I like myself.....                                                                                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. Disturbing thoughts come into my mind that I cannot get rid of.....                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. I feel annoyed by people who criticize my drinking (or drug use).....<br>(If not applicable, mark "never")      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. I have an upset stomach.....                                                                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. I am not working/studying as well as I used to.....                                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29. My heart pounds too much.....                                                                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30. I have trouble getting along with friends and close acquaintances....                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 31. I am satisfied with my life.....                                                                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 32. I have trouble at work/school because of drinking or drug use.....<br>(If not applicable, mark "never")         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 33. I feel that something bad is going to happen.....                                                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 34. I have sore muscles.....                                                                                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 35. I feel afraid of open spaces, of driving, or being on buses,.....<br>subways, and so forth.                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36. I feel nervous.....                                                                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 37. I feel my love relationships are full and complete.....                                                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 38. I feel that I am not doing well at work/school.....                                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 39. I have too many disagreements at work/school.....                                                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 40. I feel something is wrong with my mind.....                                                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 41. I have trouble falling asleep or staying asleep.....                                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 42. I feel blue.....                                                                                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 43. I am satisfied with my relationships with others.....                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 44. I feel angry enough at work/school to do something I might regret....                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 45. I have headaches.....                                                                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |