

Multilevel Assessment of Psychopathology

MAPsy · SELF-REPORT

RESPONDENT NAME

DATE

CLINICIAN

Please respond to the following statements about your thoughts, feelings, behaviour, and experiences by selecting how true or common each statement was for you in the past year. Try to think about the full variety of your experiences, and select the response that you feel is the best fit.

1 I was easily irritated.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
2 I felt resentful.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
3 It felt like I was treated unfairly by others.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
4 I got emotional easily, or over little things.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
5 My emotions were unpredictable or varied a lot.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
6 I did things that were self-destructive.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
7 I felt out of control.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
8 I did not enjoy life.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
9 I felt hopeless.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
10 It felt like everything was pointless.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
11 I experienced less pleasure from life than usual.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
12 I felt worthless.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
13 I lost interest in things that I usually enjoy.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
14 I stopped doing activities that were important to me.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
15 I felt detached or disconnected from others.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
16 I had strong negative beliefs about myself (e.g., "I am bad" or "I am damaged").	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
17 I thought that the world would be better off if I were dead.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

18	I thought about killing myself.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
19	I had a specific plan for killing myself.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
20	I attempted suicide.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
21	I had strong negative beliefs about others (e.g., "No one can be trusted").	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
22	I felt guilty about something small or when I hadn't done anything wrong.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
23	I feared that I would act in a way that would make others think badly of me (e.g., I would be humiliated or embarrassed).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
24	I reacted strongly when I thought someone was rejecting me (e.g., I thought they might not want to be with me).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
25	I felt like I would have done just about anything to keep someone from abandoning me.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
26	I felt detached from myself, or like I was an outside observer of my thoughts, feelings, bodily sensations or actions.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
27	I felt restless.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
28	I felt that my thoughts were racing.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
29	I had thoughts, urges, or images in my mind that were intrusive or unwanted.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
30	I was concerned about flaws in my appearance that others could not see, or thought were minor.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
31	I perceived my body weight or shape differently from other people.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
32	I was worried I might be suddenly overwhelmed by fear, and that this might make me lose control, have a heart attack, or "go crazy".	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
33	I found it difficult to control my worrying.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
34	I was worried or anxious about a lot of different events or activities.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
35	I had an unexpected surge of intense and overwhelming fear or discomfort.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
36	I disliked spending time with others.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
37	I was not interested in my peers or making friends.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
38	I avoided being in social situations.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
39	I felt anxious about being away from my home.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

40	I felt anxious about being in a crowd.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
41	I avoided situations where I might have been unable to escape or get help (e.g., being in a crowd or far from home).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
42	I felt anxious about being in open public spaces.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
43	I felt anxious about being in enclosed public spaces.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
44	I felt fear or anxiety about social situations like having a conversation, meeting new or unfamiliar people, or being observed eating, drinking, or speaking in front of others.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
45	I was afraid of dying.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
46	I felt fear or anxiety about a specific object or situation (e.g., flying, heights, animals, getting an injection, seeing blood, spiders, insects, dogs, storms, water, or elevators).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
47	I felt very anxious about my physical health or signs and symptoms of illness.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
48	I was hypervigilant (i.e., I was more alert, and constantly on the lookout for danger).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
49	I avoided situations that might cause me to feel panicked or like I might die (e.g., exercise or unfamiliar situations that were otherwise safe).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
50	I had trouble falling asleep, staying asleep, or getting back to sleep.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
51	I was distressed when reminded of a traumatic event I experienced.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
52	I tried to avoid people, places, or situations that might remind me of a traumatic event I experienced.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
53	I made reckless decisions even though I knew better.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
54	I did things without thinking about their consequences.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
55	I did things that others would consider risky.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
56	Others said I was acting differently, but I didn't think so.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
57	My behaviour was inappropriate or socially unacceptable.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
58	I was careless with my own and other people's things.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
59	I argued with authority figures.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
60	I had verbal outbursts towards people or objects (e.g., yelling or rages).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

61	I blamed others for my mistakes or misbehaviour.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
62	I liked getting the attention of others, or being a person who gets noticed.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
63	I stretched the truth or made things up to help me get what I wanted.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
64	I was good at conning, tricking, or fooling other people.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
65	I used people to get what I wanted.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
66	I felt that I deserved special treatment.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
67	I believed I was more important than other people.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
68	I deliberately annoyed people.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
69	I made promises that I didn't really intend to keep.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
70	I disregarded or was unconcerned about the feelings of others.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
71	I thought it wasn't a big deal if I hurt other people or their feelings.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
72	I didn't react to things that seemed to make others emotional.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
73	I was physically aggressive towards people, animals, or property.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

In the past year, which of the following substances have you used?

- ☐ Alcohol
☐ Sedatives or hypnotics (e.g., benzodiazepines or "benzos" such as alprazolam/Xanax and diazepam/Valium, or Z-drugs or "sleeping pills")
☐ Cannabis (i.e., weed, marijuana)
74 ☐ Stimulants (e.g., methamphetamine, cocaine)
☐ Hallucinogens or psychedelics (e.g., LSD, psilocybin or "magic mushrooms", ketamine, PCP)
☐ Opioids (e.g., heroin)
☐ Inhalants (e.g., glue, paint thinners, spray paints, nitrous oxide or "nos")
☐ None of the above

75	I used more alcohol or other drugs than I had planned to, or for longer than I had planned to.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
76	I kept using alcohol or other drugs even though it caused or worsened a problem with my mental or physical health.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
77	I spent a lot of time acquiring, using, or recovering from the effects of alcohol or other drugs.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
78	I needed more alcohol or other drugs to get the effect I wanted, or experienced less effect from the same amount.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
79	I had a strong desire or urge to use alcohol or other drugs.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

80	I kept using alcohol or other drugs even though it caused or worsened problems in my relationships.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
81	I wanted to cut down on my use of alcohol or other drugs, or tried to and couldn't.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
82	I used alcohol or other drugs to relieve or avoid withdrawal symptoms due to stopping use of alcohol or other drugs.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
83	I used alcohol or other drugs where it was physically dangerous (e.g., I drove a car while impaired by alcohol or drugs).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
84	I felt numbness or tingling in my body.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
85	I experienced trembling or shaking.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
86	I felt chills in my body.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
87	Others seemed to think I was odd or unusual.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
88	I had thoughts that made sense to me but that other people said were strange.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
89	I felt unsteady.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
90	I felt slowed down (e.g., thinking or moving slowly).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
91	I suddenly felt as if someone else, or a different part of myself, took control of my perception of the world, thinking, emotions, or behaviour.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
92	I suddenly felt as if I had the state of mind or memories of a different person, or of a different part of myself.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
93	I couldn't remember an important part of a traumatic event I experienced.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
94	There were gaps in my memory of everyday events or well-learned skills (e.g., I found unexplained objects in my belongings, others described things I had done that I didn't remember doing, or I temporarily lost access to skills I usually have).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
95	I felt numb to physical pain or discomfort.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
96	I had two or more distinct personalities.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
97	I had an experience that most people would think is unusual (e.g., sensing the presence of someone who isn't actually there).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
98	I saw, felt, or heard things that other people could not see, feel, or hear, while awake.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
99	Other people removed thoughts from my head.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
100	I could influence other people just by sending my thoughts to them.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

101	I had a strong belief about something even though most people would have believed it was not true.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
102	I felt a need to perform repetitive acts (e.g., checking, cleaning, counting, washing, praying, or repeating words silently) to deal with intrusive thoughts, images, or urges, to reduce my anxiety or distress, or to prevent something bad from happening.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
103	I did not need as much sleep as usual.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
104	I found it hard to use the right words to explain or describe a topic or a series of events, or to have a conversation.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
105	I found it hard to think or concentrate.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
106	I found it hard to pay attention.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
107	I found it increasingly difficult to do more than one task at a time.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
108	It took more effort than usual to organise and plan things, or to make decisions.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
109	Tasks took me longer than they used to.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
110	I failed to finish the tasks I was supposed to do (e.g., started tasks but quickly lost focus or was sidetracked).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
111	I found it difficult to organise tasks and activities or manage my time.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
112	I was easily distracted by little things.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
113	I found it difficult to resume a task after being interrupted.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
114	I avoided or disliked tasks that needed sustained mental effort (e.g., completing forms or reading lengthy documents).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
115	I had trouble changing how I was doing something, even when it wasn't working.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
116	I had trouble staying awake during the day even after getting enough sleep the night before.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
117	I found it hard to remember things.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
118	I needed help from others to take care of myself or my home (e.g., I found it difficult to shop, clean, or cook independently).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
119	I found it difficult to recall recent events.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
120	It got harder for me to do familiar things (e.g., using tools or driving a car).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
121	I had a hard time finding my way around even in familiar environments.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

122	I couldn't use the living areas of my home because they were cluttered with my things.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
123	I found it hard to part with my possessions, regardless of their actual value.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
124	I lost things that I needed for tasks or activities (e.g., phone, wallet, keys, glasses, documents).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
125	I found it difficult to understand and use facial expressions, gestures, tone of voice, eye contact, or body language.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
126	I found it hard to adjust my behaviour to suit different social contexts.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
127	I had difficulty understanding what others were trying to say.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
128	I was unable to have normal back-and-forth conversations (e.g., I did not give other people a turn to speak or provide enough background information for others to follow).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
129	I did not respond when someone started to interact with me.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
130	I talked too much (e.g., talked at inappropriate times, interrupted or talked over other people, or took over conversations).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
131	I spoke quickly without stopping, changing topics a lot.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
132	I felt "on the go" and was unable to sit still for any length of time (e.g., in a meeting or when having dinner at a restaurant).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
133	I fidgeted a lot.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
134	I felt internal pressure to keep talking.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
135	I only talked about one topic even when others were not interested or said they wanted to talk about something else.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
136	I had intense interests in specific objects or topics.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
137	I was very sensitive to specific sights, sounds, smells, tastes or textures.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
138	I insisted that things had to be done in exactly the same way (e.g., I was very distressed by small changes).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
139	I insisted on perfection in everything I did.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
140	I felt like I was short of breath	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
141	It felt like my heart was fluttering or skipping beats.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
142	I had muscle tension (e.g., aches and pains or tightness in my shoulders, back, neck, or jaws).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

143	I experienced substantial pain in one or more areas of my body.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
144	I had a feeling of heat spreading through me (e.g., in my head and neck).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
145	I ate large amounts of food when I didn't feel hungry.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
146	I felt disgusted, depressed, or very guilty about eating a lot in a short period of time.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
147	My body weight or shape had a lot of influence on how I felt about myself.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
148	I feared gaining weight.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
149	I fasted (i.e., avoided eating) to control my weight.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
150	I was more extraverted than usual (i.e., sociable, talkative, and excitable).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
151	I had a strong feeling of well-being or was overly happy (i.e., felt euphoric or "on top of the world").	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
152	I was unrestrained in expressing my feelings (e.g., overly enthusiastic or overly friendly).	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
153	I kept my emotions to myself.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
154	I preferred to keep romance out of my life.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)
155	I was not interested in having sexual relationships.	1 NOT AT ALL TRUE (NEVER)	2 A LITTLE TRUE (RARELY)	3 SOMEWHAT TRUE (SOMETIMES)	4 VERY TRUE (OFTEN)	5 PERFECTLY TRUE (ALWAYS)

Developer Reference:

NovoPsych Psychometrics

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