

# THE AMEN CLINIC QUESTIONNAIRE

0 = Never 1 = Rarely 2 = Occasionally 3 = Frequently 4 = Very Frequently

1. Frequent feelings of nervousness or anxiety
2. Panic attacks
3. Avoidance of places due to fear of having an anxiety attack
4. Symptoms of heightened muscle tension (sore muscles, headaches)
5. Periods of heart pounding, nausea, or dizziness (not w/ exercise)
6. Tendency to predict the worst
7. Multiple, persistent fears or phobias (dying, doing something crazy)
8. Conflict Avoidance
9. Excessive fear of being judged or scrutinized by others
10. Easily startled or tendency to freeze in intense situations
11. Seemingly shy, timid, and easily embarrassed
12. Bites fingernails or picks skin

Total number of questions with a score of 3 or 4 for questions 1- 12

13. Persistent sad or empty mood
14. Loss of interest or pleasure from activities that are normally fun
15. Restlessness, irritability, or excessive crying
16. Feelings of guilt, worthlessness, helplessness, hopelessness
17. Sleeping too much or too little, or early morning waking
18. Appetite changes/ weight loss or weight gain through overeating
19. Decreased energy, fatigue, feeling "slowed down"
20. Thoughts of death or suicide, or suicide attempts
21. Difficulty concentrating, remembering, making decisions
22. Physical symptoms; headaches, chronic pain, digestive problems
23. Persistent negativity or low self esteem
24. Persistent feeling of dissatisfaction or boredom

Total number of questions with a score of 3 or 4 for questions 13-24

25. Excessive or senseless worrying
  26. Upset when things are out of place or don't go according to plan
  27. Tendency to be oppositional or argumentative
  28. Tendency to have repetitive negative or anxious thoughts
  29. Tendency toward compulsive behaviors
  30. Intense dislike of change
  31. Tendency to hold grudges
  32. Difficulty seeing options in situations
  33. Tendency to hold on to own opinion and not listen to others
  34. Needing to have things done a certain way or you become upset
  35. Others complain you worry too much
  36. Tendency to say no without first thinking about the question
- Total number of questions with a score of 3 or 4 for questions 25-36

37. Periods of abnormally happy, depressed or anxious mood
38. Periods of decreased need for sleep, energetic on much less sleep
39. Periods of grandiose thoughts and ideas (feeling very powerful)
40. Periods of increased talking or pressured speech
41. Periods of too many thoughts racing through your mind
42. Periods of increased energy level
43. Periods of poor judgment that leads to risk-taking behaviors

44. Periods of inappropriate social behavior
  45. Periods of irritability or aggression
  46. Periods of delusional or psychotic thinking
- Total number of questions with a score of 3 or 4 for questions 37 – 46
47. Short fuse or periods of extreme irritability
  48. Periods of rage without being provoked
  49. Often misinterprets comments as negative when they are not
  50. Periods of spaciness or confusion
  51. Periods of panic or fear for no specific reason
  52. Visual or auditory changes (seeing shadows or hearing sounds)
  53. Frequent periods of déjà vu (feeling you've been somewhere you have never been) 54.
- Sensitivity or mild paranoia
55. Headaches or abdominal pain of uncertain origin
  56. History of head injury or family history of violence/ explosiveness
  57. Dark thoughts, may be homicidal or suicidal
  58. Periods of forgetfulness or memory problems
- Total number of questions with a score of 3 or 4 for questions 47- 58
59. Trouble staying focused
  60. Spaciness or feeling like you're in a fog
  61. Overwhelmed by tasks of daily living
  62. Feels tired, sluggish, or slow moving
  63. Procrastination, failure to finish things
  64. Chronic boredom
  65. Loses things
  66. Easily distracted
  67. Forgetful
  68. Poor planning skills
  69. Difficulty expressing feelings
  70. Difficulty expressing empathy for others
- Total number of questions with a score of 3 or 4 for questions 59-70