

ADULT INVENTORY - 4

| | | |
|---|---|--------------|
| Name of Person being evaluated | Persons Age | Today's Date |
| Name of person completing the checklist | Relationship to this person (spouse, son, etc.) | Male/Female |

A. How well do you know this person? ☐ Very well ☐ Well ☐ Somewhat ☐ A little

B. How long have you known the person being evaluated (years/monts)? _____

C. Is person being evaluated (please circle): Single Married Separated Divorced Widowed

D. What is the person's highest level of education:

- ☐ grades 1 - 6
- ☐ grades 7 - 9
- ☐ some high school (grades 10 - 11)
- ☐ high school graduate
- ☐ some college
- ☐ college graduate
- ☐ masters or doctoral degree

E. What is this person's occupation? _____

F. Is this person currently working? ☐ yes ☐ no

G. Is this person currently taking medication for a mental health problem? ☐ yes ☐ no

H. If "yes," what is the name of the medication(s): _____

DIRECTIONS: Check which rating best describes his/her overall behavior. Answer each question to the best of your ability.

| GROUP A | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 1. | Worries a lot. | | | | |
| 2. | Has difficulty controlling worries. | | | | |
| 3. | Acts nervous or edgy. | | | | |
| 4. | Is grouchy or cranky. | | | | |
| 5. | Is very tense and can't relax. | | | | |
| 6. | Has trouble falling asleep or staying asleep. | | | | |
| 7. | Gets tired very easily. | | | | |
| 8. | Has trouble focusing attention on tasks. | | | | |

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| GROUP B | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 9 | Is very afraid of things like animals, heights, storms, riding in airplanes or elevators, etc. | | | | |
| 10 | Is afraid to go out in public or going places alone like shopping malls, etc. | | | | |
| 11 | Complains about sudden episodes of anxiety, heart pounding, difficulty breathing, or dizziness. | | | | |
| 12 | Cannot stop distressing thoughts like worrying about germs or doing things perfectly, etc. | | | | |
| 13 | Feels compelled to perform unusual habits over and over again like washing hands, checking locks, repeating things a set number of times. | | | | |
| 14 | Makes recurrent twitching or jerking movements for no apparent reason like eye blinking, nose twitching, shoulder shrugging, lip licking, head jerking, etc. | | | | |
| 15 | Makes recurrent vocal sounds for no apparent reason like coughing, throat clearing, sniffing, grunting, etc. | | | | |

| GROUP C | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 16. | Worries about eating, speaking, or doing things in front of other people. | | | | |
| 17. | Worries about saying or doing something embarrassing in social situations. | | | | |
| 18. | Is afraid that other people will see how nervous he/she is. | | | | |

| GROUP D | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 19. | Prefers to be alone rather than with family. | | | | |
| 20. | Prefers to be alone rather than with friends. | | | | |
| 21. | Does not care about having close relationships. | | | | |

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| GROUP E | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 22. | Worries too much about own health. | | | | |
| 23a. | Complains about being in pain. | | | | |
| 23b. | Has headaches, stomach aches, or back pains. | | | | |
| 24. | Has problems with nausea, diarrhea, or vomiting. | | | | |
| 25. | Has problems with sexual functioning. | | | | |
| 26. | Has physical problems that doctors cannot explain. | | | | |
| 27. | Worries that something is physically wrong even when the doctor cannot find a problem. | | | | |
| 28 | Cets very upset over flaws in their physical appearance. | | | | |
| 29. | Wishes to be the opposite sex. | | | | |

| GROUP F | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 30. | Has experienced or seen an extremely upsetting event and continues to be bothered by it. | | | | |
| 31. | Has really bad memories or dreams. | | | | |
| 32. | Is completely unable to remember bad experiences. | | | | |

| GROUP G | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 33. | Refuses to eat enough food to keep a healthy body. | | | | |
| 34. | Has excessive worries about getting fat or gaining weight. | | | | |
| 35. | Needs to be thin to have a good self image. | | | | |

| GROUP H | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 36. | Has eating binges (eats an excessive amount of food in a short period of time). | | | | |
| 37. | Cannot stop eating or control how much he/she eats. | | | | |
| 38. | Uses very strict diets, vomiting, laxatives, or extreme exercise to control wight. | | | | |

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| GROUP I | | There are periods lasting at least several days when he/she does the following. | Never | Sometimes | Often | Very Often |
|----------------|--|--|--------------|------------------|--------------|-------------------|
| 39. | Appears depressed or very sad. | | | | | |
| 40. | Shows little interest in doing things. | | | | | |
| 41. | Talks about death or suicide. | | | | | |
| 42a. | Feels worthless or guilty. | | | | | |
| 42b. | Feels bad about things he/she has done. | | | | | |
| 43. | Appears tired for no apparent reason, has little energy to do things. | | | | | |
| 44a. | Eats too much. | | | | | |
| 44b. | Decreased appetite. | | | | | |
| 45a. | Sleeps more than normal. | | | | | |
| 45b. | Has trouble sleeping. | | | | | |
| 46. | Feels that they are not as good as other people. | | | | | |
| 47. | Feels that things never work out right. | | | | | |
| 48. | Performance at work has gotten worse (circle yes or no) | | | | | |
| 49. | Has experienced a very stressful event in the past year such as divorce, friend or relative died, serious accident, etc. | | | | | |
| 50. | Has attempted suicide. | | | | | |

| GROUP J | | There are periods lasting at least several days when he/she does the following. | Never | Sometimes | Often | Very Often |
|----------------|---|--|--------------|------------------|--------------|-------------------|
| 51. | Is extremely happy, overly excited, and "on top of the world." | | | | | |
| 52. | Is very irritable. | | | | | |
| 53. | Gets involved in too many activities. | | | | | |
| 54. | Needs very little sleep. | | | | | |
| 55. | Talks nonstop. | | | | | |
| 56. | Has trouble concentrating. | | | | | |
| 57. | Does reckless or silly things like buying things that are too expensive, driving too fast, etc. | | | | | |
| 58. | Switches rapidly from one topic to another. | | | | | |
| 59. | Feels super powerful or able to do almost anything. | | | | | |

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| GROUP K | | Never | Sometimes | Often | Very Often |
|---------|----------------------------|-------|-----------|-------|------------|
| 60. | Falls asleep at odd times. | | | | |
| 61. | Has frightening dreams. | | | | |

| GROUP L | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 62. | Does not pay attention to details or makes careless mistakes. | | | | |
| 63. | Has trouble following verbal instructions. | | | | |
| 64. | Starts projects or tasks but does not finish them. | | | | |
| 65. | Has trouble getting organized. | | | | |
| 66. | Avoids doing things that require a lot of attention or forced effort like doing taxes, paper work, chores, etc. | | | | |
| 67. | Misplaces things. | | | | |
| 68. | Is easily distracted by other things going on. | | | | |
| 69. | Is forgetful. | | | | |
| 70. | Fidgets with hands or feet. | | | | |
| 71. | Has trouble sitting still. | | | | |
| 72. | Seems restless or jittery. | | | | |
| 73. | Has difficulty doing things quietly. | | | | |
| 74. | Is always on the go. | | | | |
| 75. | Talks excessively. | | | | |
| 76. | Acts before thinking things through. | | | | |
| 77. | Gets frustrated when waiting for things. | | | | |
| 78. | Interrupts other people's conversations. | | | | |

| GROUP M | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 79. | Loses temper easily. | | | | |
| 80. | Argues with people. | | | | |
| 81. | Does not follow rules. | | | | |
| 82. | Does things to deliberately annoy people. | | | | |
| 83. | Blames others for own mistakes. | | | | |
| 84. | Is touchy or easily annoyed by others. | | | | |
| 85. | Gets angry easily. | | | | |
| 86. | Tries to get even when someone makes them angry. | | | | |

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| GROUP N | Never | Sometimes | Often | Very Often |
|--|-------|-----------|-------|------------|
| 87. Avoids going to work. | | | | |
| 88. Lies to get their own way. | | | | |
| 89. Threatens to hurt people. | | | | |
| 90. Starts physical fights. | | | | |
| 91. Stolen things (shoplifting, forgery, etc.) | | | | |
| 92. Deliberately destroyed others' property. | | | | |
| 93. Deliberately started fires. | | | | |
| 94. Used physical force to steal things. | | | | |
| 95. Broken into other people's house, buildings, or cars. | | | | |
| 96. Used a weapon when fighting (bat, bottle, knife, etc.) | | | | |
| 97. Physically cruel to animals. | | | | |
| 98. Physically cruel to people. | | | | |
| 99. Forced someone into sexual activity. | | | | |
| 100. Does things that could lead to getting arrested. | | | | |
| 101. Makes decisions without thinking things through. | | | | |
| 102. Does reckless or dangerous things. | | | | |
| 103. Irresponsible when it comes to work or money. | | | | |
| 104. Does not seem to care about hurting other people. | | | | |

| GROUP O | Never | Sometimes | Often | Very Often |
|---|-------|-----------|-------|------------|
| 105a. Complains about or appears to be hearing voices when no one else is around. | | | | |
| 105b. Complains about or appears to be seeing things that are not there. | | | | |
| 105c. Believes that things are crawling on their skin. | | | | |
| 106a. Believes that people are spying on or against them. | | | | |
| 106b. Believes that someone or something is controlling their thoughts. | | | | |
| 106c. Believes that other people can hear their thoughts. | | | | |
| 106d. Believes that they are really someone else. | | | | |
| 107. Seems to have trouble thinking clearly. | | | | |

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| GROUP O (continued) | Never | Sometimes | Often | Very Often |
|---|--------------|------------------|--------------|-------------------|
| 108a. Gets suddenly angry and out of control. | | | | |
| 108b. Laughs or cries at the wrong time, | | | | |
| 109a. Doesn't feel like doing things or talking to people. | | | | |
| 109b. Has trouble taking care of self like making meals, dressing properly, working, etc. | | | | |

| GROUP P | There are times when he/she cannot stop from: | Never | Sometimes | Often | Very Often |
|----------------|--|--------------|------------------|--------------|-------------------|
| 110. | Buying unnecessary or expensive things. | | | | |
| 111. | Exploding when angry. | | | | |
| 112. | Stealing things, shoplifting. | | | | |
| 113. | Gambling. | | | | |
| 114a. | Pulling out hair or eyelashed. | | | | |
| 114b. | Picking at own skin. | | | | |

| GROUP Q | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 115. | Smokes tobacco cigarettes. | | | | |
| 116. | Drinks alcohol (beer, wine, etc.) | | | | |
| 117. | Alcohol use is causing problems like family conflicts, arrests, driving violations, decreased work, etc. | | | | |
| 118. | Overuses medications. | | | | |
| 119. | Smokes marijuana. | | | | |
| 120. | Uses other illegal drugs (cocaine, glue, speed, LSD, heroin). | | | | |
| 121. | Illegal drug use causes problems like family conflicts, arrests, driving violations, decreased work, etc. | | | | |

| GROUP R | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 122. | Feels that surroundings or other people are not real. | | | | |
| 123. | Has sudden, unexplained lapse of memory. | | | | |
| 124. | Feels that they can stand outside of their own body and see self. | | | | |

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| GROUP S | | Never | Sometimes | Often | Very Often |
|---------|--|-------|-----------|-------|------------|
| 125a. | Makes frantic efforts to avoid being alone. | | | | |
| 125b. | Afraid of totally falling apart if someone leaves them like their boyfriend, girlfriend, counselor, etc. | | | | |
| 126a. | Stormy relationships with others that are troubled by intense arguments. | | | | |
| 126b. | Easily hurt or disappointed by people. | | | | |
| 127. | Sees self or others as all good or all bad depending on whether things go their way. | | | | |
| 128. | Self mutilation. | | | | |
| 129. | Sudden and explosive mood swings in reaction to minor issues. | | | | |
| 130. | Feels that life is empty and can't get enough from other people and yearns for more. | | | | |

| GROUP T | | Never | Sometimes | Often | Very Often |
|---------|---|-------|-----------|-------|------------|
| 131. | Is bothered by unusual sexual activities. | | | | |
| 132. | Problems procrastinating. | | | | |
| 133. | Trouble getting motivated. | | | | |
| 134. | Mood is repeatedly worse during certain seasons of the year such as fall or winter. | | | | |
| 135. | Drinks more than six cups of coffee a day. | | | | |
| 136. | (FOR FEMALES) Mood is significantly worse premenstrually. | | | | |

THANK YOU!

Please add other concerns you have or any additional information that might help the clinician:
