

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/months)? _____

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.				

ADULT INVENTORY - 4

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, sniffling, 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.				

ADULT INVENTORY - 4

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. Gets 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 weight.				

ADULT INVENTORY - 4

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.					

ADULT INVENTORY - 4

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.				

ADULT INVENTORY - 4

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.				

ADULT INVENTORY - 4

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 lapses of memory.				
124. Feels that they can stand outside of their own body and see self.				

ADULT INVENTORY - 4

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:
